

# Grass Roots

Craft and self-sufficiency

For down to earth people

AUST \$3.50

Australian and  
New Zealand Edition

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Handspinning

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Squab Pigeons

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Willow Trees

•  
Rag Rugs

•  
Concrete Tanks

•  
Homestead  
Horses





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from Night Owl

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Front Cover: Break time during building with mudbrick. *You'd have to be stupid, you'd have to be thick to even think of bloody mudbrick* writes Jamie Derkenne on page 20. He throws a little mud at the fanaticism and dedication that's often shown by devotees of this medium, suggesting that there are easier ways to go about it for those disinclined to suffer. Suffering? Tori and Nev describe their sweat and tears in 'Mudbrick Blues', page 21.

Photo courtesy Northside Productions.

Back Cover: A frame showing partly filled and capped foundation. Surprisingly, there can be a lot of variation in the behaviour of bees — a quiet hive is a joy to work but a really wild one can be the pits. Colin Donaldson shares some thoughts on untouchable hives on page 61 and discusses his techniques for requeening and thus quietening intractable hives.

Distributed to newsagents by Gordon & Gotch.

# Feedback Link-Up Feedback

## Greetings GR Folks,

I hope my contribution can help a few. Here is a SHOWER that we have used for five years. Our drum is a metal 4 gallon drum, but I have seen a plastic drum in use. Always ensure that everything you use is *strong*. Water is very heavy. The smaller the rose the better the pressure. The knots in the rope are to stop the rope slipping. To prepare shower water, just boil some water, then add as much cold as you need.

If I may, I'd like to ask for some advice about BUILDING in MUDBRICK, to council approval. We have built a pole hut, but the cladding was in fitches. Council didn't like that construction, so we'd like to stick to the poles, and clad with mudbrick. We are completely green, so the advice will have to be from scratch.

Joann Hogan  
C/- PO Box 138  
WOODBURN 2472.

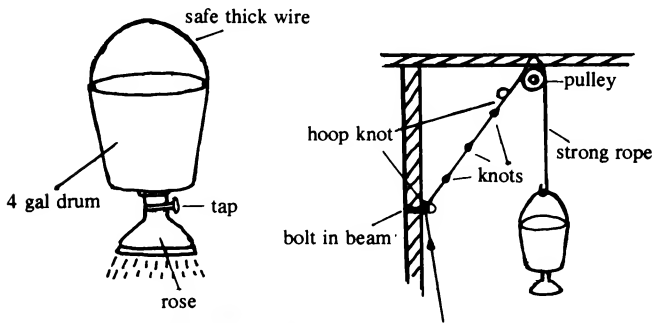
*We have had a number of articles on mudbrick building. Ones that should be particularly helpful here are:*

*'Building with Earth', GR 29, p. 22.*

*'Overcoming Council Constraints', GR 32, p. 35.*

*Further mudbrick information has appeared in GR's 16, 23 and 38. Back copies are \$3.50 posted.*

*Another very helpful reference is the 'Earth Builder's Companion' (\$7.50 post paid from Night Owl) which includes a chapter on councils and building regulations.*



Edited by Megg Miller and Kath Harper.

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Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

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## Dear Glenda and Readers,

In GR 63 I noticed Glenda's request for sources of astrological fertility and biorhythm charts and have also been interested in obtaining something of the same information. Quite some years back I wrote to Rosenblum, The Aquarian Research Foundation, Philadelphia, Pennsylvania, USA, from *The Natural Birth Control Book*, revised edition, but had no reply. I have also had a biorhythm chart done but I couldn't say where to get them now.

I would also be most grateful for any further information on these topics.

Jennifer May Sutherland  
RD2  
Napier  
North Island NZ.

*Several readers have recommended Francesca Naish of the Village Healing and Growing Centre, 263 Oxford St, Paddington, 2021 (02-357-5970 or 02-357-5988) for her consultancy work on natural fertility, including lunar fertility.*

## Dear GR People,

I have only recently discovered *Grass Roots* and have found it an inspiring balm which soothes my individualist anarchic passion. For some years I have yearned to fashion my own personal backwoods utopia — a desire perhaps shaped by my belief that there's not enough GR folk for an enduring alternative community.

Anyway, this magazine has shown me otherwise. I am leaving Australia in July and would love to hear from anyone who knows of, has heard about or been to political (anarchist or otherwise) or alternative self sufficient COMMUNAL EXPERIMENTS in EUROPE or NORTHERN INDIA. I hope to travel, work in, live and learn from these foreign experiments, and would love to hear from those who have done the same. So come on all you political freaks and self-determinators, let's talk!

J Dahl  
281 A St Kilda Rd  
KEWDALE 6105.

## Dear Grass Roots,

I've been reading an interesting little book, *Scented Leaf Pelargoniums* by Diana O'Brien. It costs \$4.00 plus postage and packing and has 58 pages full of plant information and uses in recipes, crafts, cosmetics, home uses and so on. I would have liked to send in some of its information, but thought it might not be ethical and may even contravene copyright.

If anyone would like the book I can recommend it. I wrote to Canberra for my copy. Her address is Diana O'Brien, 98 Anzac Park, Canberra 2601.

B Mills  
PO Box 9  
COWELL 5602.

*We published an excellent article on 'Scented Leaf Pelargoniums' by Diana in GR 51, p. 22 and reviewed the little book in GR 46, p. 89.*

## Dear David & Megg,

Thank you for *Grass Roots*. We follow the progress of your many readers and we are now planning our own shelter. We have finally settled on a HOUSE BUILT OF EARTH.

Do any of your readers have the address of those who make up plans for this type of shelter to satisfy both the local council and two very inexperienced would-be home builders. Perhaps there is a GR person in the Townsville or Charters Towers area who could assist us.

'Those who have begun to live more seriously within, begin to live more simply without.'

John & Leah Ford  
3/6 East La  
CLERMONT 4721.

## Dear GR Readers,

Hi, could anyone help? We would like to know how we can form a CO-OP, as we are unemployed and we know several other families also who are unemployed. I remember reading it somewhere but can't find it anywhere. What is involved in a CO-OP financially (i.e. fees, costs)? Maybe someone has formed one and could let me have some information. Also can anyone help with the address of a health shop in SA which sells HERBS for HOME REMEDIES?

E Moyses  
9 West Tce  
PT PIRIE 5540.



# Feedback Link-Up Feedback

**Dear Megg and David, Kath, Julie et al.,**

The last time I wrote was from the US a couple of years (or so) ago — now I'm back in Australia. Condolences on your storm damage. I hope all the poultry has recovered (humans too!). We had some horrible bush fires in Oregon (and in California) last September, so the 'Bushfire' article struck close to home. The nearest fire (10,000 acres) got within 900 m of my carefully handbuilt home. I'm not ashamed to admit I was worried. With all due credit to the hard-working fire crews, only the weather prevented that fire from taking most of the homes in the valley. Bushfire is a scary thing.

Since my teens I've made my living as a full-time professional musician. Life on the road has (too) many drawbacks though, so I'm happy to report success in my 10 year struggle to change to another occupation. Early this year I bade farewell to the little home I'd built in the mountains of southern Oregon and moved to Tasmania to take up the life of a maths/science teacher. As you can perhaps imagine, I am eager to meet GR folks. To those who are thinking of writing, I wish to make a request. If you're a crusading Christian or a tobacco smoker, please don't bother to write.

To Leonard Levine re TRACKER DOGS (GR 65, p. 11): dogs for tracking humans (lost children, escaped convicts, etc) are widely used in the States, with generally positive results. Hounds are used almost exclusively, bloodhounds being the most common.

To Molly 'Cardinal' Rhodes re D C Jarvis' 'cure' for RINGWORM (GR 65, p. 86): yes, but Dr Jarvis claimed to have successfully cured virtually every ailment with cider vinegar! In his book *Folk Medicine*, Jarvis claims to have cured everything from veterinary problems in cows to cancer in humans with a mixture of cider vinegar and honey — which shows that the body will usually heal itself regardless of the treatment. Ringworm, remember, is a staph infection. The body can indeed sometimes overcome a staph infection on its own, but one left untreated (or treated with an ineffective 'folk' remedy) can do extremely serious damage.

Did everyone else groan at Bob Hollis' pun about not being able to 'unearth' information on subterranean houses? Lynn Sutherland suggests cutting up old socks or stockings for PILLOW STUFFING. I suggest that varying the sizes of the pieces will probably produce a less lumpy pillow than will uniform size, but I have not verified this experimentally.

Well, the magazine that pleased me so much when I visited Oz in '85 is still going strong. I'm glad to see it. Thanks!

**Bob Jones  
OUSE 7140.**

**Dear GR Friends,**

I am at present working in a GARDEN landscaped in FORMAL ENGLISH style of 1901. Trying to restore it after years of neglect is an enormous task. Due to lack of funding, all requests for seeds or bulbs etc have been denied with little exception. If any GR folk have any SURPLUS SEEDS of annuals or perennials, would you be kind enough to spare me a few to sow in the garden. All donations will be lovingly sown and hopefully together we can preserve a small piece of history. Yours hopefully.

**Robyn Moller  
132 Fisher St  
FULLARTON 5063.**

**Dear GR Readers,**

I'm really hoping someone will be able to help me with a natural way of treating my MANIC-DEPRESSIVE ILLNESS. I am 24 and it began at age 20. It has not been too severe for me, and I seem to suffer the manic/hyperactive side of it more than anything. I've never been hyperactive in my childhood although I am a pretty typical Gemini. The doctors say the attacks will only get more frequent with time, and I'm not going to settle for that. I haven't been to a naturopath yet, I guess taking tranquilisers is so easy when I need help. These experiences can be quite mystical and spiritual, so I would love to hear from someone with a spiritual view or theory on it all. Anything, send me some hope. Until I get it figured out, changing the psychological problem or the biochemical one, or whatever, there are so many different theories. I will continue to be leaving jobs as I get at least two attacks a year, which makes me dependent on others as I have to go on medication for a few months. I hate being dependent on family so much. Please write, anyone. Also does anyone share the dream of living in a pyramid house? Would love to correspond with you.

**Margaret Everingham  
Lot 6 Beenleigh/Beaudesert Rd  
WOLFDENE 4207.**

**Dear Grass Roots People,**

Just a short note to say hello, and to thank you for producing such a fine magazine.

I am a 34 year old guy, currently HOUSEMINDING A PROPERTY here, until December. It is a great lifestyle — complete with sheep, fowls, cow and peacocks. I also manage to create a few dollars by mowing lawns — adding finance to an otherwise non-existent income! I am looking to return to Australia after December and perhaps travel around the beautiful country in a house-bus or gypsy-van (horse drawn) . . . we will have to wait and see what eventuates.

I admire the dedication of all GR people for their beliefs that getting back to basics is the way to go. . . I agree whole-heartedly! I love nature, the environment and everything in it; also the basic forms of art and crafts. Anyone interested in my type of work and experience is welcome to write.

**Marshall de Leon  
PO Box 81.044  
Whenuapai  
AUCKLAND NZ.**

**Hello GR Folk,**

We have shared your trials and tribulations over the last few years and even learned by some of your mistakes. I'll introduce ourselves: Vaughan and myself with Corey 10, Joshua 7 and Jade 6. We live in the bush about 45 miles from town with no neighbours on our doorstep. Getting set up here has been a challenge for us (in more ways than one) but our way of life has been beneficial as we've all learned heaps about ourselves and each other. Our building adventures are still happening, with the house virtually finished and still in need of the shed! We used second-hand materials (recycled) to build our home and some reject timbers already cut — we haven't cut down a tree yet! We've certainly learned to slow down living up here. I'm slowly getting the garden together, it's amazing what goats (and donkeys!) eat. We don't have ducks or chooks — alas the cattle-dogs don't realise they're supposed to slow down too! And my cats (in varying numbers) are always with me. Ah, a very controversial subject I realise, but really, we have very few casualties as I look after my feline friends. Here's a useful tip to J Anastasi (GR 65, p. 6) re snakes. Due to plenty of activity around the house with dogs and/or cats we've only ever seen a couple of snakes here — one was quick, the other was dead.

Having raised a few ORPHANED BABY WALLABIES and 'roos in my time I thought I'd pass on this 'Joey Formula' which I found successful and beneficial to the babies — a useful recipe for all you foster parents:

- 5 parts boiled water
- 3 parts evaporated milk (not condensed)
- ¼ tsp cornflour
- ¼ tsp calcium powder
- 3 drops Pentavite vitamin drops

Anyway, the kettle's always on and visitors are welcome. And as one can see, I don't mind writing letters to GR people. Please does anyone know where I can find LEE DUNCAN (was in Cooktown about 3 years ago)? Lee had two children then, a daughter Ky-Lee and a baby boy Meshach-Mango. Would love to contact her again. Also hello to Steve and Leigh, Dave and Janet, Tina and Bear, and Beryl!

Thank you Megg, David and friends for an inspiring magazine! Love and peace to you all.

**Debbie Seaton  
Oak Hills Rd  
MT FOX via INGHAM 4850.**

**Dear Grass Rooters,**

I don't quite know where to start but I've been feeling really weighed down with living in one place, owning a multitude of possessions and lots of animals. I seem to feel the need to pack and sell up, hop in my car and go anywhere, live out of my car away from a house and heaps of mostly unused stuff. Cluttering and messing up this lovely old house gets me depressed, I'd love to only own a change of clothes and nothing else, be a free spirit. I would like to know of other people who have felt this way and find out how they went about parting with material possessions they love, and a conventional lifestyle. Is it worth it or not? I'm interested in moving to Queensland — is it the place to be? I would love to turn fruitarian and would also like to find out about the change of the way of life. Please write.

**Faun Holmes  
Nimbin Rd Coffee Camp  
NIMBIN 2480.**

# Feedback Link-Up Feedback

## Dear Readers,

I have become concerned over the requests for **VEGETARIAN DIETS/RECIPES FOR DOGS** (and cats?) lately. Whether we like it or not these animals are carnivores and will not be healthy on a full veggie diet, however you can cut the meat down as I have thus: get a couple of kilos of pet mince from the butcher (if you get it from pet shops it must be cooked for at least an hour as these shops do not have to have their meat passed by the health inspectors). In a big pot, cook the mince up in water with any combination of the following — rolled oats, wheatgerm, bran, rice and pasta, add any vegetables and scraps, peelings from the dinner vegies, leftovers, soggy salads etc near the end of the cooking. My dog will eat crunchy vegetables but some may prefer them softer. Add about a tablespoon of salt also. I freeze this in two-meal lots and alternate it with fresh meat and bones and dog biscuits. My vet is quite happy with her (the dog's) health and it's reasonably balanced, also cheaper than commercial food so hope it works for those enquirers.

A natural healer for skin **ECZEMA ON DOGS**, particularly the type they get with age, is a teaspoon of sulphur powder mixed in their food once a day until totally cleared. This in turn does lead to flatulence which is helped by glycerine either in their meals or drinking water — also gives a nice shiny coat.

A tip for those wishing to get a few laying chooks, but with little money. In New Zealand you could buy from the battery farms what they call 'end of lay' chooks (cost me \$1 each). With a bit of good feeding up and fresh greens they will start laying again, maybe not all will lay every day, but two were enough for me and my animal menagerie, and you have a lot of satisfaction in seeing those very sad creatures become happy and free to live normally for the rest of their lives. Don't be put off when they can't stand on the ground at once. Make sure they have perches at first and they will come right quickly, their feet are deformed by the wire floor on the cages.

A bit about me — I'm a Kiwi working and travelling in my kombi van, with Kyra my spayed bitch, seeing as much as I can of this amazingly diverse country. At present I'm in the Hunter Valley region, heading for Queensland and the Northern Territory. I would like to hear of any nice spots, preferably free, and not caravan parks, that I can stay in on my way as they're usually only found with luck or guesswork. Also, though I'm a bit of a loner, a wave, a talk, or a letter would be nice, or if you'd like to join me for a week or so to a particular area let me know, it does get boring sometimes and Kyra doesn't talk much!

I'd also like to know if it's possible to **STOP LEECHES** from actually getting onto you — they make me more upset than any of the other wild creatures you have here. **MOSQUITOS** are another problem as the commercial products aren't working for me and it's been too hot to sleep with everything shut up lately. Help!

Finally, a plea: I met a person who I got on really well with and put him on to the magazine as I felt it would help his interests but didn't get to exchange addresses. So Steve of North Lawson, if you read this please write to me as I'd like to keep in touch — we may end up in the same place, you never know!

**Leslee Morgan  
C/- 121 Atherton Rd  
NORTHCOTE 3070.**

## Dear Fellow Readers,

Firstly thanks for a great magazine and really good reading. I thought there may be someone who can offer some advice about a **WATER PROBLEM**. We called our property 'Coolalinga' (Aboriginal for place of water springs) and have 2 permanent springs dug, as well as a creek that flows fairly permanently in a normal season. We had a spring dug for our household water supply with an excavator. It's about 10' by 10' and holds approx 10,000 gall. To our delight, after water divining, we found a stream of lovely clear blue water filled the hole. The clay walls are quite compact and only a little bit of the topsoil at the top fell in. We built a frame around the hole and covered it and the footvalve with a weed control mat to keep leaves out and to stop algae growing. Unfortunately the water regularly is brown and discoloured — usually after rain — hence brown nappies and interestingly coloured bath water. The spring fills from the bottom and lower side walls and only ever drops a few centimetres. Does anyone have any ideas on how to **KEEP THE WATER CLEAR**? We were contemplating cementing around the frame and diverting any runoff into the hole. Any suggestions would be appreciated.

**Claire and Geoff Etherington  
'Coolalinga'  
PO Box 210  
ALSTONVILLE 2477.**

## Dear Megg and Kath,

I have just read GR 65, which I got at the newsagent yesterday. I have been reading *Grass Roots* regularly for the past two years, ever since I saw a copy my daughter had, in Victoria. I felt I must write to you. We are a couple on the brink of retirement, who live on a slightly larger than average suburban block. We have for the last 33 years **GROWN ALL OUR OWN VEGETABLES**, and about 18 years ago planted fruit trees, starting with eleven apple trees grown espalier-style across the back as a boundary. We also planted peaches, nectarines, pears, plums (European and Japanese) and apricots. This year we also have a plumcot. We have learned by experience which varieties do well in our situation. For example, Moorpark apricots do well here, but are no good in Launceston; they plant the Tiltren variety there. It is no use growing early peaches here because of the frosts affecting the blossom, but the later ones are a great success. We grow table grapes too, but it is no good growing cherries, the birds get the lot.

We have trouble growing tomatoes, but last year made at least 100 pounds into chutney. We can grow scarlet runner beans, which I love, but other climbing varieties are not so successful. We have deep clay soil and grow great carrots and beetroot, but not parsnips, and our zucchini and pumpkins run riot. We tried vegetable spaghetti last year, successfully. We have access to cow and horse manure, and what we call 'sea-grass' from the local beaches. Of course we have trusty old compost. We might not be true grassrooters, but I thought you might be interested in what we do.

**Jenni Bennett  
28 Sharps Road  
LENAH VALLEY 7008.**

## Dear Feedback,

I love your magazine and thought it about time to answer a few queries and try to help others.

The letter from Carol G, Queenscliff (GR 65, p. 85) has a lot to think about. Living on a suburban block has lots going for it and it's amazing how much you can do in a small area if it's kept organised and well planned. We live on 10 acres and have goats, sheep, calves, children, bees, rabbits and pigs. My husband has a full time job and is currently working 9-10 hours a day 6 days a week which doesn't leave a lot of time at home to do all things necessary which is as demanding as having a second job. It's not easy but we find it very rewarding and can see the day when our little farm will be more organised.

To William Grech (GR 65, p. 86): we have **MILKED** a few **SHEEP**. I think generally any breed would be OK, with older ewes giving more milk. You can pick out ewes with longer udders and breed up from them, similar to goats. Our ewes weren't young and when we separated their lambs for weaning we couldn't resist trying to milk them as we also milk goats. My husband held the front as though they were in a bail and I milked between the back legs. They were fairly quiet and if done regularly would get used to it. I made a cottage cheese which was quite nice as the sheep's milk is very creamy.

We also keep **RABBITS FOR MEAT** purposes and have found that by keeping the fleas off we have not had any trouble with myxo.

I enjoyed the article 'Bringing up Baby Cheaply' (GR 65, p. 29). When preparing for our Hollie we were on a limited income so had to be innovative. A tip passed on to me was to buy **FLANELETTE** and straight sew around the edge **FOR NAPPIES**. I made 8 small 26" x 26" for when newborn which were great as they didn't swim on her and when she got bigger and needed extra protection at night I put one inside the bigger nappy. The other 3 doz I made square 36" x 36" and after 2 years they have worn very well. Also pretty coloured flanelette makes terrific bunny rugs for newborns. It's cheap and anybody can sew an edge around.

Keep up the excellent work and I hope I have shared some ideas.

**Glenys White  
RMD 2085  
TORQUAY 3228.**

## Dear Eileen,

With reference to your request for information on how to **CONTROL BUGS** in your organic garden: old dishwashing or clothes washing water sprayed in a fine mist over spinach and lettuce keeps away the snails, over tomatoes keeps away the white butterflies and their grubs, and generally discourages grasshoppers from chewing on anything. I don't know if this would work with strawberries (you could perhaps try a small patch). I wish you well.

**Nicole Jamison  
50 River Tce  
KANGAROO POINT 4169.**



# Feedback Link-Up Feedback

**Dear Megg, David and GR Readers,**

Hi there again and how are you all keeping? We are all okay though I am bedridden at the moment with a painfully sore foot after standing on a rusty nail on Sunday. I had a tetanus injection at the hospital and have time now to write a few letters and catch up on some reading. I actually read right through GR 65 without interruption yesterday. First time ever. I usually read it bit by bit over months.

I loved the verse about the marrows as our place was exactly the same — amazing what you can do with zucchinis. The first four stories were all very interesting, bringing back many memories of our different places around Australia, the ups and downs, good and bad times. It does really take a lot of hard work to make things work out.

I have got my Vacola bottling outfit up but the bottles and other bits are all in storage. Must get into that next year. We were able to get lots of mangoes this year, most were just plain eaten. I made some mango chutney then found out I was allergic to them, horror of horrors, I wasn't last year so can't understand why, but next year I think I'll withstand the itchy fingers and eat them anyway. I made a lot of tomato sauce and tomato chutney too.

Our garden was going well till the hot dry weather beat us. We've had almost no wet season. Nearly everything has died in the vegie garden and the large dam is almost dry. Even the goats won't drink the vile water in there. We've lost a couple of trees but most are surviving on a weekly watering. We bought 105 natives in early December and haven't been able to plant them out yet. We've had about 3 or 4 good falls of rain. We hope the cyclone will bring some decent rain down here soon.

Luckily there is a lot of decent grass outside the fence along the nature strip for the goats as there is absolutely nothing inside the paddocks, but unfortunately they have to be tethered there. We give them a large amount of work horse mix in the morning during milking and supplement them with lucerne hay in the evening. The milk is beautiful and keeps us in yoghurt, custard and cottage cheese. The grain trucks go past quite frequently and a lot of seeds are spread on the side of the road, producing some lovely rich grasses for our goats to eat.

**Bill, Carolyn, Kevin and Kathryn Beard  
Isis Hwy, M/S 650  
BIGGENDEN 4621.**

**Dear GR Folk,**

I wonder how many other GR folk have made this error — I was very very proud of my 8 litre per day milking goat as I'd never known one to produce so much — until I found out that the 4 litre ice cream container that was full morning and night holds only 2 litres of liquid. We learn by our errors and others' mistakes all the time.

In reply to the Feedback letter in GR 65 about putting iodine on skin for RINGWORM — it works but it's agony and I would never put it on a child.



**Rowena Mahe  
6 Ann St  
MALANDA 4885.**

**Dear Grass Roots,**

Hello, my name is Donna. I wish to find information on ORGANIC VEGETABLE GARDENING in a SANDY BASED SOIL.

I have some knowledge of organic growing but as this is my very own garden I wish to grow the crispest, freshest vegetables in the most natural way possible.

I share with 3 other people who work and my chores which I enjoy are to tidy the house, garden and prepare meals which are of wholesome goodness. I am a vegetarian and have been for many years and would have better peace knowing that my vegetables haven't been sprayed with harmful chemicals and fertilisers.

I have been travelling for many years, I'm 21 and have experienced many different ways. I've travelled the east coast and lived in wonderful valleys, Bellingen is my most beautiful of memories, full of peace and love.

Then I roamed many miles away across the Nullarbor to WA, up as far as Quobba, Red Bluff and down through the magical karri forest, drifting through the Stirling Ranges to the clear blue waters of the Albany seashore, to find satisfaction in settling down in my little picket home. Now I shall squat for some time, but never will I lose the freedom to travel and the spirit to dream across the sacred earth. I thank you for your time and hope to hear of any information available.

**Donna Sadler  
73 Welwyn Ave  
MANNING 6152.**

**Dear Grass Roots,**

I enjoy reading your magazine. I can only pick it up from time to time, so to ensure I get copies more regularly I have decided to subscribe.

My FAMILY PLANS (at some point in the future) to buy some land and build a house or fix up an existing one. We intend to move in a southern direction, living more towards the coast. So, if anyone from the broad areas of southern NSW, Victoria and perhaps even South Australia would care to write to us, we would love to hear from them. We would like people to tell us about the region they live in; home building and/or renovation experiences; employment opportunities and ideas and experiences at self sufficiency.

I realise that this is a lot of information to compile in one hit, so I would dearly love to set up correspondence with people who can offer their experiences as a guide for my family. We intend to view as many areas as possible before we buy. Thanks for your time.

**Theresa  
42 Gilbert St  
CABRAMATTA 2166.**

**Dear Friends,**

If you'd like a POOL OR STREAM in your SUBURBAN BLOCK, but don't want the hassle and expense of installing one — fake it.

Decide what size you'd like and keep it in proportion to your land. Line the area with nice, rounded rocks, making the outline look natural, i.e. winding as real streams do. Inside, lay down newspapers, black plastic and soft, grey gravel. Arrange flat pebbles over the gravel to simulate a creek bed. Soften the outline by planting water plants at random — irises, ferns, etc. A small pot of bamboo, artfully concealed by the rocks, looks very pretty. As your plants grow, you will have the illusion of a pool.

My first dry stream was made over an exceptionally ugly stretch of concrete, and once completed drew many admiring glances. I tried varnishing the pebbles to make them look wet, but Old Sol soon made short work of that.

Make a source for your creek bed. Have a pile of larger rocks arranged higher than the rest at one point, so it appears that your 'stream' is gushing from beneath them. If you arrange the pebbles parallel to the outer rocks, it looks like fast moving water; at right angles, a slow, meandering flow. No bright colours, please — stick to natural greys and browns. Bright blessings.

**Barb McNeill  
36 Lyons St  
WILLIAMSTOWN 3016.**

**Dear GR Readers,**

An excellent deterrent for sandflies and mosquitoes is citronella oil mixed with olive oil, and spread on exposed parts of the body... another way is to soak rags with citronella oil and place around mossies' favourite breeding areas, e.g. shrubs, bushes and grassy moist areas of the garden.

And now, we need help. We are hoping to go alternative in the near future and have a yen for the northern rivers area of NSW. We are going to this area for a week in July to check out possibilities and would dearly love to meet other GR readers in the area who can give us a bit of first hand advice. We also would like to know more about sharing in established communities. Whilst being aware of natural health and the value of raw foods and organically grown produce, we are not extremists and believe in live and let live.

Also, a fond g'day to Meg, Beth and Simon Kerr of Victoria, whose phone number and address we do not have — miss you heaps, please write! If anyone knows how to PREPARE RAW FISH the Japanese way, please let us know. The barramundi season is open here now, and they do bite now and then. I believe in raw food, but don't know how to prepare it.

Cyclone Charlie just killed all our food in the vegie garden, so we have to start over again, but I'm told that lucerne hay is excellent to build a soil-less garden on. Lucerne, compost and earthworms, and you're away, so we'll start there and who knows?

Looking forward to hearing from someone we can meet in July, please write.

**Matt & Rita Lyon  
PO Box 907  
A97 4807.**

*Esther Deans has developed and popularised this simple but very effective method of gardening. The 'Esther Deans' Gardening Book: Growing Without Digging' is distributed by William Collins, RRP \$9.95.*

# Feedback Link-Up Feedback

**Dear GR Friends,**

I think one of the fascinating things about Feedback Link-up is the great cross section of people who write in. Especially interesting are the young ones who have very definite ideas about what they want and where they are going. I believe aware people have very real fears about the way the world is headed in all its myriad aspects and what is happening to the human race as a whole, but I don't think anyone could have put it more succinctly than Dr P Ffyske Howden in his letter (GR 64, p. 11). Yes it would be wonderful if it were possible but I believe it to be a gigantic if not insurmountable task. Maybe that's too cynical a view for as was once said 'A journey across the world begins with but one step'.

To Di Westley, Nildottie (GR 64): I fully endorse everything said about APPLE CIDER VINEGAR for I have been taking it for 5 years or more. I thought readers may be interested to know that on the market there are 2 brands made from 100 percent apple cider which contain malic acid and not acetic acid like most other vinegars. It is the malic acid that is beneficial. The brands are Mountain Maid and Norganic, also they are aged in wood and are not distilled. I realise you may have other brands in your area, if so, it's worth checking the labels for the beneficial ones.

I endeavour to purchase my HONEY from the small producer and if possible unheated and unfiltered. I don't care if it has wax or bees in it for I know it will be far superior to the commercial supermarket brands, plus the local fellow doesn't mix all his flavours together. It may not be known how beneficial BEE STINGS can be, especially for arthritis. Apparently beekeepers rarely get arthritis or cancer. Some countries like Germany are into it on a commercial basis, like Mack, a drug firm which produces an injectable bee venom serum Forapin and a bee venom ointment. An interesting book by Fred Malone (Thomas Congdon pub) entitled *Bees Don't Get Arthritis* gives much food for thought.

To Bev Mustchin, Bassendean (GR 65 p. 10) regarding MISO: there are seventeen kinds or more — red, light yellow, mellow white, barley, soybean to name a few. The process is rather complicated to publish here, but there is a very good book on everything you could ever want to know on the subject entitled *The Book of Miso*, by William Shurtleff & Akiko Aoyagi, published by arrangement with Autumn Press Inc, Ballantine Books, NY. *The Book of Tofu* was also written by the above authors. I hope this will be of some help.

Good wishes to our ever growing GR family and many thanks for such a great magazine.

**Fay Davies  
PO Box 15  
WILTON 2571.**

**Dear GR Readers,**

I think often of the mystery of hundreds of WHALES beaching themselves in apparent suicide. Can the solution be that in pre-historic times before man brought his madness to this planet, nature had her own way of culling? As there was nothing in the sea to prey on these giants and they don't seem to be warring or territorial creatures (I may be wrong) it was a way of keeping their numbers down and this instinct has survived. Does anyone have a comment on this?

I'd like to say as a new reader of *Grass Roots*, the aura of peace and contentment around your articles gives me pleasure. I'm 47, a restless soul, always searching and never finding. I was wondering if any country reader has reached a similar stage in their life and would perhaps consider CORRESPONDING. As I'm totally inexperienced in farm life I would enjoy hearing about your side of things.

**Elaine Smith  
161 Brighton Rd  
SANDGATE 4017.**

**Dear Grassroots Folk,**

I'd like to thank all the people that wrote to me concerning my mother's eyes. I was going to write you individually, and decided it's better this way, after receiving so many letters. Thank you all again. I'm about to embark on a trip around Aus, hope to meet some of you GR folk. I'd also like to say hi to a big smoke GR. Good day, Steve. Good people, good magazine.

**James Thomson  
PORT MACQUARIE 2444.**

*We really feel, James, that those who took the time to write to you in answer to your request for help deserve the courtesy of individual replies. We realise it is a problem when there's an overwhelming response to a reader's enquiry, but there are ways of dealing with the flood of mail. One method suggested earlier is to buy a stack of inexpensive postcards — people will appreciate a brief thank you note much more than no response at all.*

**Dear Sir or Madam,**

I am a 36 year old girl originally British but have called Australia home for almost 30 years. However I have not lived there for almost 12 years. I have the sole use of a 2½ hectare white sandy beach on one of the most beautiful islands paradise could offer.

I have been here for 6 months now and am trying to produce most of my needs. I employ 8 workers and we are clearing, planting and building. To help lower my monthly expenses of approx \$A500, I am raising crabs, pigs and other creatures and run a small store, the only one on the island which has a floating population of approx 200 fishermen and their families. I also sell gasoline and kerosene in large amounts as travel in the region is only by boat. I have a lovely coral reef at my doorstep, hundreds of coconuts and wonderful mountains of rugged sculptured black marble, full of lush tropical jungle and colourful birds, such as the hornbill and kingfisher.

Life would be even more wonderful with a friend or two to share it with for company and help in many ways especially building, agriculture, beekeeping and so many other projects like solar power. Anyone who's interested would be most welcome, if only on a part time basis. The ISLAND has great potential to generate an easy LIVING of very high standard. Labour costs are extremely low and the people wonderful. There is also no political unrest here in this peaceful backwater. Palawan is almost all remote wilderness and the El Nido area is full of mountainous tropic islands. I have travelled for 16 years and have found nowhere to compare for harmonious living.

If you're mature, fit and interested in this kind of life please write. Letters sometimes take a month or more to reach me, but I'll reply as promptly as I can.



**Lee Ann Thompson  
Malapacau  
El Nido 2916  
Palawan  
THE PHILIPPINES.**

**Dear Far North Queenslanders,**

Can any sharing folk give us some info on COMMUNITIES up in this region? We have been living in the Cairns area for the past three years and have heard very little about any surrounding communities. We are not interested in any religious or spiritual specialties, simply learning about ourselves and living in harmony with nature. We watch the 'Communities' section in Grassified with great interest only to find what sounds like the very thing we are looking for, elsewhere. In the meantime, we hope to find a nice secluded place to live in the Gordonsvale/Daintree area so we can continue to look around. Since we have no children or pets we can choose to be quite isolated and try to live at peace with nature. Thanks, peace and joy.

**W & E Hazelton  
GPO Box 2029  
CAIRNS 4870.**

**Dear Grass Roots Folk,**

Is it possible to work or earn a place in a self-sufficient/gentle situation? I have lived 'alternatively' for nearly 20 years — until my husband died; now I find myself with little money, thousands of books, many skills, much experience and a great need to be INVOLVED WITH CARING FOLK again — those who live harmoniously, co-operating with nature, and non-exploitive of the other creatures; recognising the need to earn our (self-proclaimed) superiority!

I have taught yoga for 18 years (in Australia and the UK) and been involved in natural therapies as a practitioner and a teacher for some years. This unfortunately involved close proximity to the city — something I can't endure. I have been an initiator in establishing several New-Age ventures (all within cities!). I have many ideas which could prove viable, but now I would like to simply 'be' in the right place with a few kindred spirits.

I am small, strong, enthusiastic, Aquarian, vegetarian; passionately fond of animals, earth, gardening, trees, craft, cooking, reading, learning, music, open fires, restoration of neglected furniture, houses, vegetation, animals or humans; sculpturing and building in stone and mud! I am also fond of communicating should anyone wish to drop me a line.

Much love to all GR followers. I have been 'indulging' in this magazine since the 3rd issue, and I really don't think I could have survived 'alone'. Also, could anyone supply me with KING BILLY PINE seeds or seedlings?

**Gaia  
C/- 'Aberfoyle'  
ARMIDALE 2350.**



# Feedback Link-Up Feedback

## Dear GR Readers,

As we are seriously considering PHEASANT farming, we're gathering as much info as possible. So any scraps of knowledge on these beautiful birds would be very gratefully received. Any suggestions of what to do with their feathers would be helpful too.

Another area of interest to us is AQUACULTURE. I have a vague memory about some enterprising person who was 'growing' fish in a circular concrete tank, then recycling the water for hydroponically grown plants. From memory (what there is of it!) all this was done in a glasshouse type environment. But for the life of me, I can't remember all the details or where I read this. So, it would be great if somebody could fill in the missing links for me.

To T. Wallett and Eileen Korenstra, GR 65, an excellent book on companion planting, etc. is *Carrots Love Tomatoes — Secrets of Companion Planting for Successful Gardening*, by Louise Riotte, Garden Way Publishing.

Lastly, anybody passing this way feel welcome to call in. Please ring or write beforehand though. Happiness to you all.

**Dianne and John Chandler**  
**'Springfield Valley'**  
**TINGHA 2369.**

*Probably the letter you are referring to is one which appeared in GR 62, p. 86, where John Duffey described his plans for an integrated food production system involving fish culture and organic growing of fruit and vegetables.*

## Dear Grass Roots Readers,

My wife and I are selling our home here in Queensland and MOVING down to TASMANIA. We are both ex New Zealanders so we are looking forward to the weather seasons we once knew. We are organic gardeners and vegetarians. We are looking for a small plot of land and would like to settle in the North West area between Ulverstone and Boat Harbour but other areas will be considered. If any GR readers have any INFORMATION or advice about these areas, it would be most welcome.

**Allan & Irene Tarrant**  
**23 Grant Rd**  
**MORAYFIELD 4506.**

## Dear GR Readers,

I am searching for a source of ORGANICALLY GROWN open-pollinated or Indian MAIZE (corn). Please help!

**John Saga**  
**2/37 Merlin St**  
**NORTH SYDNEY 2060.**

## Dear Megg and all GR Readers,

Hi everybody, this is the first letter I've written to *Grass Roots* since GR 59. Since buying the magazine and writing in for friends I'm feeling much happier. Over the past 2 years I've had several GR friends visit and stay with us here on the farm for a few days or just drop in for a surprise visit.

When we have visitors that haven't been out this way before we give them a tour of the farm which they really enjoy. We show them the new water scheme which we have been working on during the summer with our neighbours. We have had it a few years now but we have been improving on it. From there we continue on out to our other farm and show them the ewes which are lambing now. We also show them my work with the drainage channels. Then we return home via the big old Urangeline shearing shed which is well over 100 years old. It used to house 70 shearers during the shearing season.

Urangeline Station was bought by Robert Rand in 1865 for 75,000 pounds, and made up a total of 240,000 acres which was sub-divided in 1921 for World War 1 servicemen and my grandfather was one of the servicemen to draw a block which we still own today. It's been in the family since 1921. My brother and I farm it now along with another 740 acres Dad bought in 1963. The old shed is still in good order, and is still in use for the shearing season as a holding shed and to house the sucker Merino wethers which are for superfine wool.

It's really nice to meet the people I've been writing to since my letter in Feedback. I've learnt heaps from them too. While I'm writing I wouldn't mind asking for another couple of friends like these in NSW or Vic — down-to-earth people involved in farm life, (sheep, cattle or cereal growing or whatever). I wish all you readers success and keep up the good work.

**Doug Merkell**  
**RMB 500**  
**RAND 2642.**

## Dear GR Readers,

As a new arrival in WA I am in desperate need of contact with other free spirited, alternative minded, spiritual, diet conscious people. Please write to me.

For the past four years my little girl and myself have lived on a small organic community in far north Qld. I would greatly appreciate any information regarding any COMMUNITIES IN WA, as we really need to be in the family energy again, or at least in contact with like minded people.

**Jacqui & Amieca**  
**21 Lampard St**  
**HAMERSLY 6022.**

## Dear GR Readers,

First of all this is my first letter to *Grass Roots*. I have four magazines which I refer to constantly and thoroughly enjoy the feedback section. I would like to thank Di Westley, GR 63, for putting me onto apple cider vinegar, honey and kelp for ARTHRITIS SUFFERERS, it's really great not having the pain any more. It really came at the right time as my husband Bill had a bad truck accident suffering brain damage and I really needed help to cope.

We have bought 40 acres at 1770 and love it here as the weather is beautiful. Bill has greatly improved now and potters about. We have a lovely creek to swim in, plenty of fresh water and maybe a house in the future. We are both over fifty so it's never too late. We are happy we made the move to the country although many tried to talk us out of it — just reading *Grass Roots* encouraged us to stay steadfast. Yes, Fred Hames, Rosedale, we love this area — Baffle Creek, Agnes Waters, 1770. Dreams do come true.

**Bill & Margaret Varday**  
**1929**  
**via Miriam Vale**  
**1770**  
**BUNDABERG 4670.**

## Dear Grass Roots,

I am writing with great hope that someone could tell me how to make pure natural undistilled APPLE CIDER VINEGAR. Also I believe it is best matured in a wooden barrel. How would I go about getting or making one of these barrels, and how long does it take to mature? Hoping to hear from anyone who can help me.

**Pat Harris**  
**4013 Beaudesert Rd**  
**PARK RIDGE 4125.**

## Dear GR,

Can anyone give me a recipe for homemade soap without using animal fats?

**Renate Marek**  
**C/- Post Office**  
**DROMANA 3936.**

*GR 13 has a very helpful article on soapmaking which includes a recipe for Vegetable Soap using oils and vegetable shortening. Other fat-free recipes appear in GR 14, p. 19, GR 37, p. 38 and GR 41, p. 11.*

## Dear GR Readers,

As avid fans of this magazine we would love to hear from or meet any KINDRED SPIRITS in this area. We have only moved to the southern highlands this year and as yet, only had time and energy to devote to building our 'humpy', as presently we're on site in a caravan and roughing it. We would love to share experiences with anyone who has dared to be an OWNER BUILDER and coped with the never ending requirements of the local council.

**Bev & Bryan Brenner**  
**Kangaloon Rd**  
**GLENQUARRY 2576.**

## Dear Friends,

My 'little man' Luke is 5 already and I have realised it is way past time I showed him that there really is a PEACEFUL AND SECURE PLACE somewhere. Are there any GR minded folk who would care enough to share information with us? What is it like in your town, community, or property, and what are the possibilities of accommodation, work, school, and activities? We have no ties, only the desire to make a home near other down to earth families. We are basically shy, but very capable, healthy, and hopeful. Please write to me. I'll answer all letters. Bless you all heaps.

**Mandi & Luke**  
**4 Russell St**  
**KALGOORLIE 6430.**

# Feedback Link-Up Feedback

**Dear Megg and Co,**

I am after NATURAL and or HERBAL REMEDIES, tried and true, that people have used on their ANIMALS over the years — remedies such as throwing lime onto cuts on horses or sheep who happen to get cut at shearing time. The old-time laundry blue bag ground and mixed in lightly dampened feed (just to make the ground blue stick) is very good for worming horses. Equal quantities of linseed oil, stockholm tar and turps (not mineral) painted on hooves of horses will control cracking. These are just some remedies that I have collected from the older generation and I would like to gather and co-ordinate as much as possible before it is lost. Regards to all.

**Margaret Brough  
'Romar'**

**Lot 39 Tuckers Lane  
NORTH ROTHBURY 2335.**

**Dear Megg and All,**

I've just been through GR 64, in which my article on chook destruction appears and have enjoyed it all, as usual. Congratulations to everyone.

We have had a mixed year. I lost one lamb out of the nine dropped — no obvious reason — and one mature ewe who rolled onto her back and couldn't roll over again. When we found her she was making the air extremely redolent, so a funeral pyre of six dead car tyres was arranged and I hauled her onto the top and observed the ensuing fiery spectacle in case the paddock went up along with the victim. (It didn't.) I have become adept at this particular skill as, a year ago, a couple of playful Alsations had a delightful time in our sheep paddock one night and when they had retired I had 17 corpses to incinerate. LARGE DOGS in the country are a bloody (literally!) nuisance. Fortunately our ewes are penned and our ram was away on holidays attending to the needs of a neighbour's ewes so that on his return, and with the addition of a quartet of ewes presented to me by the aforesaid neighbour, the sheep tally has crept up again. Life goes on.

**B P Carr  
296 Ballina Rd  
GOONELLABAH 2480.**

**Dear Megg & GR Readers,**

I am a sporadic reader of *Grass Roots* and the section I love most is the letters page. I have noticed that some of you are travelling around Australia and looking for STOPOVER ACCOMMODATION in different states. We would welcome any GR people who are prepared to 'rough it'. At times the caravan may be available, otherwise you could be sheltered in a newly built garage. Payment could be by way of a couple of hours work a day. We bought just over an acre of land, with an old farmhouse which had been restored by a previous owner, in the outer suburbs of Adelaide. We too had thought of moving miles away from anywhere and have tried it some years ago but as we are getting on (in mid-fifties) we find an acre just about more than we can manage, plus part-time jobs etc.

I notice that some people with bad allergies are moving away from the city, as well as people who are looking for an alternative lifestyle. I feel that it is rather a pity, (because usually, these are people who have a lot to offer to the community), to end up isolated from others, the welfare of oneself being the main concern. Moving away sometimes proves to be an illusion which brings its own hardships and disappointments. I realise that it doesn't apply to everyone, and some people serve as a good example by their pioneering spirit. But, as for us, I feel that even an acre of land can be made very productive with food enough and to spare. We are not quite sure what we want to create here, but I am drawn to make it a place of refuge for people under stress who want to get-away-from-it-all for a while. This would mean creating a beautiful atmosphere, good organic food, lots of love and caring. Does anyone know how to grow a tall fence quickly to reduce noise from traffic, as we live on a road that people use to escape the highway for a couple of miles.

Does anyone know that KNOT GRASS (I call it wire-weed) is supposed to cure cancer? My naturopath gave me a prescription for a kidney tea, and remarked that unfortunately knot grass cannot be bought (i.e. it is forbidden to sell). Our goat loves it so it cannot be bad.

God bless you all. I would especially like to hear from South Australian GR's and would love to have any of them drop in, staying the night or longer, when they have business in town. Perhaps we could all get together for a weekend some time.

**Lucy Daugalls  
171 States Rd  
MORPHETT VALE 5162.**

**Dear Grass Roots & Co,**

Well, have been on our block 6 months and what a great experience starting from nothing. Have the luxury of a wood stove, bath, gas fridge now. The first few months were hard cooking over an open fire in all weather. A fire came through and having no water and no fire breaks was terrible but friends and neighbours were a great help and saved our place, from now on we'll always be prepared for the dreaded fires.

One question, how does one PLUCK A DUCK without the messy looking things we end up with — skin off and feathers left on? Best wishes to all.

**B & J Thomsen & Family  
PO Box 1371  
GLADSTONE 4680.**

**Dear Grass Roots Readers,**

I'm wondering if any of your readers have any information on the construction of TIPI STYLE TENTS. I already have material on the Pre-Columbian style tipi from the library but I was wondering if anyone had had experience with them and had made their own modifications. Any feedback would be greatly appreciated.

**James Spitzkowsky  
C/- PO Box 8479  
ALICE SPRINGS 5750.**

*Our first article on the advantages of tipis, by Frank Donovan, appeared in GR 12. A further article in GR 14 provides a great deal of information on how to construct and erect a tipi.*

**Dear GR Readers,**

Firstly, thanks for all the helpful information in this great mag.

Secondly, where are all the ALTERNATIVE BANDS in the Gold Coast hinterland? This is such a beautiful part of Australia (in flood at the moment — Springbrook had 10 inches of rain in 24 hours) but it needs something or somewhere where we alternative and ordinary folk can meet each other. I lived in the SW of WA and the dances there were great, especially the big yearly event, the 'Freakers Ball'. Everyone went, even the kids, and all had a wonderful time. My friend and I would like to suggest quarterly dances, with one big one a year, perhaps an eastern version of the 'Freakers'. Perhaps we could hire a hall at Mudgeeraba or Gilston. I'd be happy to help organise food and drinks, but we need some good music and some information on how to get started. Any suggestions would be most welcome. It would be nice to break into the small pockets of hillbillies in the hinterland, get them mixing and dance the itchiness out of our feet.

I'll sneak in a hello to Kerrie and Tylor, and Carmel, Surya and Imaya and all the lovely crew we met in WA. There's a mob of us from Belvidere over here now, so write if you feel the need, and know we haven't forgotten you. Best wishes to all.

**Robyn Janetzki  
22 Mabel Ave  
SOUTHPORT 4215.**

**Dear Friends,**

I'm a 17 year old living in the middle of suburbia in Auckland, keeping in touch with the way things should be (and the way I hope to be living in a few years) through this beautifully peaceful magazine.

I am hoping to shift to Australia in two years time to train to be a naturopath. If someone could send me an address of a recommended NATUROPATHIC COLLEGE preferably with a Chinese healing leaning, it would be most appreciated. I would also like to get in touch with people with similar thoughts, age and interests. My interests are yoga, natural healings, creative arts and my thoughts are pure, calm and peace oriented. Can't wait to hear from you. Keep smiling.

**Nadine Ord  
21 Mayfair Cres  
Mairangi Bay  
AUCKLAND 10 NZ.**

**Dear Grass Roots,**

I feel that a reply to Anonymous, GR 65, p. 8, is warranted. I have not heard of a 'Who's Who' of COMMUNITIES and hope that none exists. Any person, anonymity assured, can approach a person in an honorary capacity, in any number of community centres, not in Martin Place, and enquire about communities in the area. He or she can be assured of being steered in the right direction. Communities are not on show, privacy counts.

**H Paglino  
106 Ilford Ave  
ARCADIA VALE 2283.**



# Feedback Link-Up Feedback

## Dear Megg,

Is there someone that can teach me to use the height adjustment properly on an ATLAS TILLER? I have acquired such a beast, with some mumbled information, along the lines of: you can work it out — no worries . . . Well, there is a 'pin' adjustment as well as a wheel adjustment, and so far, I can't see any difference in how I am using it. Even if someone can send me a photocopy from a manual (I will send the cost to the nice person) so that I can use it properly, that would be a great help.

For others who may have the same problem, let me explain how I escape from a deaf cat that always follows me, when I have to use my car. I throw the little beast up on my roof, gently (she can get down by way of the gutter, downpipe, tank and a ladder) and that gives me time to start the car and rush out the driveway, before she makes it down — at least at the moment. Love and admiration to all of you working so hard to keep us happy out here — thanks.

**S Steenstrup  
MS 279  
GUNALDA 4570.**

## Dear Grass Roots,

My girlfriend and I are moving onto a small country plot some 17 km from town in winter and would love to hear from anybody living near us who has in operation a RAM FOR PUMPING WATER. We have a creek some 100 m from our house with a fall of 30 m from home to creek and would love to see a ram in operation in similar circumstances.

We would also love to meet GR people living in the west of NSW, so please drop us a line.

**Malcolm Mathieson & Julie Deithe  
14 Bathurst Rd  
ORANGE 2800.**

## Dear Megg, Staff & All GR Readers,

I've been reading *Grass Roots* for a while now and I think it is the best, most informative, wonderful magazine that I've read. Actually it's more than a magazine, it's an encyclopaedia of knowledge, tips and advice. The weather has been unpredictable of late and the vegie patch is on the verge of a nervous green break down. But on to better things

Firstly I've found a great seed company. They are Phoenix Seeds, PO Box 9, Stanley, 7331. They only have NON HYBRID AND OPEN POLLINATED seeds from vegies, herbs, flowers and trees.

Secondly, would any readers know where I can obtain a SQUATTER'S CHAIR? Lastly, if anyone has any hints on RESTORING OLD FURNITURE, e.g. ways of stripping paint, getting rust off hinges, use of shellac or any hint that may help, I'd love to hear from you. Or anyone who just wants to say hi. Peace and tranquillity to all.

**Vanna Eames  
36 Roy St  
JEPARIT 3423.**

## Hi Folks,

Hugh and I will be in Australia next December, travelling around to investigate the feasibility of immigrating. We're interested in an alternative lifestyle and would LIKE TO VISIT people in South Australia, Victoria or NSW, and possibly Western Australia. We are wanting to meet GR people to exchange ideas and experiences. We are both in our late forties.

**Hugh & June  
9 Sharda Grove  
PARAPARAUMU BEACH, NZ.**

## Dear Grass Roots,

Thank you for a wonderful, sharing magazine — I hope someone will share some information on HUCKLEBERRIES with us. We have a couple of bushes growing very well in our Perth garden but the fruit seems to be inedible in its raw state, so we are hoping that some kind person will spare the time to write, with details on how to cook or use the berries and how to propagate them so that we can share them around. Thank you once again.

**Liz Matthews  
PO Box 7062  
Cloisters Square  
PERTH 6000.**

## Dear GR Readers,

I missed out on the book 'HOME SAUSAGE MAKING'. Do any of you know where I could find a copy, if so please let me know.

**Barbara Edensor  
Box 1230  
NORTH SHIELDS 5607.**

## Dear Grass Roots Readers,

I have written at least eight letters in answer to letters in this magazine. In all but one I put self addressed stamped envelopes. (One was an overseas letter.) I have not received one reply.

Besides being disappointed I am also angry. People who don't answer letters they receive, when they have asked for letters, tend to make me wonder how many of the letters are genuine. I am beginning to become cynical when reading the link up section.

All of the people, not only the eight I have written to, who have not replied to letters written to them by their request, are helping to downgrade this magazine and its readers. If I answer any more letters and don't receive a reply I will ask for the name and address of that person to be published in this section.

In this magazine I read of appeals for help, pleas for help, of lasting friendships formed through the magazine, of good times and happiness brought about by meeting other readers. Unfortunately I have not found any friendliness and good will, or indeed even any common civility through its pages.

**Disappointed  
STH AUST.**

## Dear Readers,

The placing and orientation of SOLAR PANELS for the purpose of harnessing the sun's rays in Australia is not unlike a fisherman using poor bait to catch fish. 4000 years ago the author of the design of the great pyramid, its shape a variation of the cube, placed it with its sides facing astronomically due north, south, west and east, thereby ensuring 100 percent exposure of three sides to the sun from dawn to dusk. The same logic has not been applied in the present arrangements, in which the panels are placed in long rows facing due north only.



**Arthur Sylvester  
Scott St  
BENARKIN 4306.**

## Dear Friends,

For some years I've enjoyed contributing to *Grass Roots*. I'm becoming more interested in nature and rural life and as it is sometimes difficult to acquire required knowledge, I would like some readers to correspond with me on these subjects:

- Different breeds of SHEEP, their history and habits, gestation period, shearing time and other attention they need. Also their types of wool and wools best suited for spinning.
- Types of SOIL and how to prepare for a good vegetable garden.
- GARDENING by the MOON and how to read WEATHER MAPS.
- Australian TREES and areas where found, including best timber for open fires and other uses, different characteristics of woodgrain, etc.
- GRAINS and times for planting, harvesting, diseases and pests and methods to combat these, locations and soils required.

I seem to have missed out on the basics in life and find it embarrassing, so would appreciate some kind friends who might share their knowledge.

**Elizabeth Boag  
Regal Caravan Park  
Hume Highway  
WANGARATTA 3677.**

*As well as the replies you're sure to receive from GR readers Elizabeth, there is a Self-Sufficiency Society in Melbourne. Write to them, C/- BHC Burnley Gardens, Swan St, Burnley 3121.*

## Dear GR Readers,

I am writing to you in hope that I may be able to find a cure for my mother's PSORIASIS rash. She has suffered from this problem for many years but has had no success with conventional medicines. I hope that someone may be able to help her with some kind of natural cure. All letters will be answered.

**Rod Daniels  
281 South St  
TOOWOOMBA 4350.**

*This is a problem that obviously troubles many people, as we receive regular enquiries about natural remedies for the complaint. Some suggested treatments have appeared in GR 52, p. 10, GR 57, p. 7 and GR 59 p. 96. If any readers have information on other approaches they have used successfully, they may like to send them to us for publication, so that we can help as many people as possible.*

# LIVING IN THE EIGHTIES

by Iriss Quigley, Chillingham, NSW.

One of the continuing mores of GR has been our admiration and respect for older readers. We've been able to acknowledge them as individuals whose rich and varied pasts have broadened the concept of alternative living and provided a stable and calm base for younger age groups in more volatile stages of life. Growing your own vegies, keeping a few chooks or a goat, making bread, creating usable objects from raw materials or even recyclable junk, all afford a measure of dignity and self worth as well as the additional benefits gained from active life — most important at a time when much of mainstream society is geared to putting those past retirement age away somewhere out of sight.

Many of us have older family members, all of us older friends. Through love *and* ignorance we tend to restrict their freedom, set limits appropriate to our fears and needs, even dampen their joys and sorrows. We love and cherish them and want to keep them within the encircling arm of family support — but are we doing what's best for them? Iriss' story solidly demystifies much of our narrow and stereotyped thinking — and provides us with an idea of the satisfying life we can look forward to when we reach the eighties.

When I consider what it's like to be 80, I guess it's about the same to other folk as when I was 18 and thought anyone over 30 was certainly over the hill completely!

Several questions arise when people say 'Oh, you're 80; how do you manage with household chores? Or health, or going out, gardening, visiting, having visitors, going to meetings, being in the stream of things, etc. It always amazes me, and no doubt other over-80's, that there should seem to be any more problems in adjusting to life at 80 than there are at 20, 30, 40 or more. I've noticed that it is expected by most people, including especially professionals of many persuasions, that folk in their 80's will have more problems (to them unsolvable, and therefore acceptable), especially with health, and getting around. I've had some demonstrations of this. When travelling once, we had to call at a little store on the outskirts of a big town and purchase some butter, honey and rice. The lady server brought all the items to the counter, stated what the total cost was, and I picked out of my wallet and counted out the exact amount of money. She looked surprised, and said 'Oh you can still add up properly!' Of course my blood pressure jettied, and I replied 'I've been able to count properly since childhood, and I don't see any reason for losing the art now just because I'm 78.' This abrupt reply caused some confusion, and consequently I regretted my hasty tongue!

Numerous efforts have been made by friends (and sometimes family) to persuade me to forego my gardening and other activities. Now, we have an organic garden (being vegetarians), especially grown that way to avoid chemicals and sprays; and also I really enjoy gardening. On the grounds of advancing years, pressure has been gently applied either to reduce my activities there; give up gardening altogether; grow only a little bit; or 'get someone in' to do the work. Friends and family join forces. Now, I agree I can't rush to the garden and dig five beds, or carry five buckets of manure, or spend a half or full day gardening. But, I can dig up one or two beds over a day or so; I can carry half buckets of necessities; and I can walk to my gardening without rushing, using the slower progress to practise the Alexander techniques of 'using the body properly for total energy'. Also, some days if I don't feel fit enough, or have not risen at 6 a.m. to beat the heat, then I just don't go there that day — except perhaps for a quick peep,



Despite her claims to the contrary, clearly Iriss is still 'attractive, intelligent and entirely personable'. And she can still add up — to 81!

and some *little* adjustments! I've adjusted gardening techniques; it's been very interesting and challenging devising means of successfully continuing to garden and produce. I know about but do not use completely the 'no-dig' garden; it is an excellent idea, but where I live, nothing short of an 8 ft mulch would stop the weeds coming through; and heavy rains, plus following high temperatures cause aeration problems in thick straw mulches, and heat problems with manures. However, I control the weeds by covering unused beds with thick pads of the numerous newspapers we discard; I slather similar papers on the earth paths (alas, no concrete ones); and I slowly



prepare beds some time before needed. This does not mean there are no weeds and no problems, but less effort and time is needed to resuscitate beds. Manuring is done before covering the temporarily unused beds (using composted scraps, cow and poultry manure, grass cuttings); I no longer attempt to wheel the 5 buckets the big concrete wheelbarrow carries, but content myself with a little light barrow which will carry two or three buckets, part filled. I've a number of other simple procedures which enable me to still enjoy producing flowers and vegetables easily.

'Getting someone in' to do the work will no doubt cause hoots of laughter among the many elderly who find they either cannot afford such luxuries, or cannot find anyone of the many unused workforce to attempt, or stay with, any gardening work at any price. And to a gardener, it would be relegation to the dust-heap to permit anyone else to watch the planted seedling arise, to enjoy the first cucumber and tomato flowers, wait for the first zinnia to open, guess the colour of the gladioli just forming.

As to 'getting around' — sure, I don't go out now as much as I used to; I still insist on driving myself if I feel like that, but don't stand aloof from offers to be driven if I feel that way. As I take several short holidays at times during the year, mostly alone, I also drive myself when proceeding to my camping spot — usually the mountains. I don't attempt to drive straight through the 100 or 200 miles. I stop at times, have a cuppa and a sandwich, rest, then drive on again. I'm writing this article from one of my mountain places, and was surprised to find everyone absolutely astounded to know that an over-80 had actually driven a ute with caravan 'round those disastrous curves and up that steep narrow road. Amazing!' I can remember driving in the NT and outback places in the 1930's, no bitumen for hundreds of miles, nothing but ruts, holes, rickety bridges, boggy creeks, dust storms, etc — my grounding in driver experience has been formidable; I see no reason why I should cringe at the miles of beautiful bitumen now available, the centre lines, numerous road signs; it's all marvellous, and so easy now.

Another thing the aged notice is the patronising; yes, patronising. I know people often mean to be kind; but why should they assume that the passage of years shown by snowy hair and aging features means that it is instantly necessary to say 'No, I don't think you had better come up; it might be too steep for you' or 'There's too many steps', or 'Don't try it; you might slip', and so on. We have an old-style Nissan 4 wheel-drive, and yes, to get in is always an effort; but as I told my husband, 'when I'm old I'll get you to put a step there; in the meantime, I'll pull myself up by sheer muscles' (if any?) — and so I have to date. And I can never forget the medico, after my coronary some years back now, who said 'You should now sit back, relax and do your knitting', whereat I made the answer I've already told Megg: 'I'm leaving learning to knit for my old age. It will be something new to do then' (and so far I haven't had time to learn).

On the health problem, well, yes, a certain amount of time now must be devoted to caring for the body which we so lightly took for granted for so many years, and diet, too, must be studied, learned, and watched. But in arriving at the stage of having to do this, I have had a most interesting and

informative time: reading the many books available on diet, foods, and nutrition; research for special problems, such as when I had cancer, glaucoma, major coronary, and more recently unaccounted for high cholesterol (although a strict vegetarian), and high blood pressure. I've had to deal with these myself, since I do not believe in swallowing pills and potions to relieve the *result* of a disorder; I want to know the *cause*, and it's then possible to control the problem, maybe even cure it! So it's been necessary for me to delve further into these diseases, to research, read, and learn as much as I can, from both medical literature and herbal and similar books; and I have learned a very great amount about ancient and modern non-drug, non-surgery methods of treating diseases — alternatively. In fact, I would say that whilst I don't welcome health problems, I have been forced to extend my knowledge in many directions, and can sometimes use that knowledge to discuss problems with other people.

As to 'home duties', meaning housework: well, I've lowered my standards so that I am not harassed; and I've never really felt guilty if someone arrives unannounced and I haven't made the beds, or fixed the kitchen. If tables or cupboards are not tidy, OK, I'll do something when I can. Meals I do not ever neglect, as I consider what we eat to be the second most important contribution to health. Our meals are simple, but nutritious and balanced. If circumstances necessitate, we enjoy a simple vegetable soup primed with rice (or other grain). If I am tired, I don't immediately rush to do the washing-up; I rest, and the dirty dishes can wait; after all, it wasn't much different in former years in any case. And visitors, yes, I really like people calling, and having people to stay; but it is made known to staying visitors that the fridge is there, the linen cupboard here, and will they please just help themselves to anything, without expecting to have anything prepared for them. I don't neglect asking friends to lunch, sometimes to a dinner, but it's all simple, no elaborate preparations: homemade bread, scones, sandwiches, salads, milk, farm eggs, and so on. There seems to me no need for exotic sauces to enjoy an avocado; I think each food has its own beautiful flavour and constitution, and it's not necessary to have additives which cover that over and often don't add to the nutrition aspect. Glossy cookbooks with way-out ideas I leave to those who need that. One of the most delicious meals I've ever had was that prepared by two German friends, who made a 'poor man's dinner' (German style). It consisted of pea pod soup, vegetables and rye bread, and it still lives in my memory of delights.

There are indeed other credits. Life has taught me that disasters are going to occur, some minor, some major. I am also aware that since I've lived this long, and managed to survive many disasters, distresses and griefs, ergo, I must be able to meet conditions coming. I do work on the principle when disaster strikes of immediately observing what is the worst which can happen; by doing this I'm able to know I can cope with major or minor results, whatever the disaster. In health, care of the body and its foods is important, but more important is the attitude of mind. Negatives must be avoided as the plague! And one has time to think, to look back and learn, to look forward knowing one has coped and still can. And, alas, one is often forced to stand by helplessly whilst

dear ones are seen to take what is a disaster decision and course, unheeding of warning. But we all have done that, some time; it's the way we learn.

Some 80 year old credits are heart-warming: all ages of people give me a seat in a bus; someone usually turns round to hand me down the steps. Often someone will carry parcels for me if I'm struggling; and I've had supermarkets produce a chair on demand when I just had to sit down. Both young and old, male and female, open doors for me, and hold them till I pass through, a boon with some of those solid official doors. I'm usually given the best seat in a room (mentally most appreciated — the gesture, not the seat). And, most often, if I happen to speak, everyone stops to listen, no one interrupts (wonderful! I feel so important!). Folk do many nice little things, so 80 is quite rewarding in courtesies. But I do remember one incident on the Manly (Sydney) hovercraft, when unwittingly, I gratefully sank into the last seat, to be faced with a hostile young woman who said it was for her 'not yet there' boy friend, and who promptly squashed me deliberately the whole journey; when she left before me, she turned round and yelled 'You old bag!' — a most laughable incident, really, but as I feared violence, I didn't laugh just then. One special lovely thing — when I had my 80th birthday last year, I was not very well, and could not contemplate giving a party, or even driving to the Gold Coast for a special dinner; and my nearby neighbours got together and completely organised a beautiful birthday party — cake, candles, champagne, and all — at one of their homes, just so my once-in-a-lifetime 80th would be celebrated. That was a wonderful and caring gesture.

I've written this on my faithful, much used and abused, and aged, tiny portable typewriter; and looking it all over, I'm beginning to think that after all I don't find 80 any less interesting, exciting, and absorbing than any other time of my life. So, onwards!

### USING THOSE OLD TINS

Tins about 11 cm (4½ in) high, e.g. baked bean tins, with about three nail holes in the bottom and the lid reclosed are used to help keep the compost heap well drained and make air available. Place a couple of prepared tins at the bottom and at intervals in the compost heap as it builds up.

Reduce the time you spend watering and also make sure the water gets where it will do the most good, in the root system. Take the lid off the tin and punch three holes in the bottom. When putting stakes in for tomatoes, bury a prepared tin 16 cm (6 in) away from the stake, leaving 2½ cm (1 in) above the soil. When watering, just fill the tin and move on, it will slowly trickle down to the roots. After the first fruit truss has set add some form of plant food, e.g. SM3 or comfrey leaves and it will slowly be absorbed without being washed away.

This idea can be applied to any plant that needs to be watered individually. Newly planted trees, the first summer, appreciate a large size can and canteens are a good place to obtain them. Make only a few holes as water can only go one way, down. You have to water only once a week with this system as all the water is going where it is needed and not to keep weeds alive.

Tips by May Phillip, Martinborough from *The Organic Grower* WA, PO Box 213, Wembley 6014.

## TOPPING UP AN EIDERDOWN

by Lyn Henderson, Carlton, NSW.

With the nights drawing in and the chickens beginning to moult, it's time to collect their down and top up the old eiderdown — or make a new one. Of course the down (and feathers) from water-birds are the warmest, but most of us have access mainly to chicken down which is almost as good.

Every morning, do an 'emu bob' and collect all the down and tiny feathers, thoroughly shaking out any dust from each one (very time-consuming, but a lovely form of meditation in my tiny urban backyard before a day of labour in the mills). Store in plastic bags, or for large quantities in a new plastic garbage bin. I crush the harder quills, and snip off the stouter ends. To kill any greeblies I drop in an old cat flea collar (don't use garbage bin afterwards to store edibles in). The purists will have to adapt this system to eliminate plastics and pesticides.

To top up an eiderdown, unsnip one channel at a time and insert extra fill, sealing the channel with two rows of fine stitching. Do this job in the backyard, or you will end up with interesting flock wallpaper.

To make a new eiderdown, you will need finely-woven fabric like japara or cambric. Any coarsely-woven fabric will ooze feathers and down — the quills are designed by nature like arrows to bore into the birds, and will spend the rest of their lives trying to do the same to your quilt cover!

Make a large bag 1.5 m-1.8 m (5-6 ft) long, depending on the length of your bed, and as wide as your bed plus enough extra to hang over the side. Leave about 30 cm (1 ft) opening at the bottom, turn inside out and re-stitch the whole outside edge 6 mm (¼ in) from the edge. Fill with your hard-won feather/down mixture, and close the opening with two rows of stitching. You now have a Mr. Gaspo bag of feathers and down. To tame it, sew two rows of larger stitching about 30 cm (12 in) from the edge all round, making a border and stopping the rest of the contents from sneaking over the edge of the bed in the night and leaving you freezing.

Pin or peg your eiderdown horizontally between chairs so that you can hand-stitch the top and bottom together here and there in the centre to give it some shape. Don't make channels — you can't shift the filling across the quilt to allow for different sleeping temperatures, and one of you always sleeps hotter than the other, don't you? With spot-stitching you can move the fill wherever you want it.

Eiderdowns can be washed in soap-based products (detergents strip the protective coating off, and deteriorate the fill). Rinse, and spin if possible. Dry in the wind and sun over a couple of lines, pummelling the fill every so often to fluff it up, or in the tumble dryer on low heat for a couple of hours, with a clean old sandshoe to do the work of your fists. A removable quilt-cover makes this chore a rare event.

Housekeepers in northern Europe have perfected a technique for getting a doona cover on again without a struggle after washing. They dry it inside out. Then, leaving it inside out, they put a hand deep down into each far corner, grasp the appropriate corners of the doona through the cover, life up cover and doona together, and shake cover down over doona.

# BATTERY TOOLS ON 12 VOLTS

by Christine Taylor, Black Forest, SA.

When there are drilling jobs to be done on our block Geoff used to make sure he had charged up the battery drill back in Adelaide, or use a hand drill. If the battery ran out before the job was finished, he had no alternative except the guts-buster. There had to be another way!!

Geoff has played with electronics since he was a teenager so he developed a way of recharging the battery in a drill or other hand tool from a 12-volt supply. The system he built is so simple I think others could build it up too, and I am sure there are lots of people who use or would use these tools if only they could be used away from mains power. All the parts are available from the local Tandy or Dick Smith store, including connecting leads. A soldering iron is the only tool required.

The heart of the device is a voltage regulator type LM309K (figure 1). This will produce a constant 5 volts output up to a maximum of 1 amp of load current. The circuit (figure 2) shows where the pieces go and how they are connected. The resistor is calculated to draw 100 milliamps at 5 volts and could be a 50 ohm, 1 watt resistor or two 100 ohm ½ watt resistors in parallel. If you want to draw either more or less current than this, the appropriate calculations should be made using this equation:

$$R \text{ (resistance, in ohms)} = \frac{5 \text{ volts}}{I \text{ (current, in amps)}}$$

A meter wired into the circuit as shown ensures that the connections made to the drill are in the correct polarity. The meter also shows how much current is being drawn through the circuit.

If the battery in the drill is completely exhausted it should be connected to this recharger for about 14 hours. If the drill is not completely flat the time to recharge it will be shorter, of course. The current shown on the meter may fall slightly when the battery is fully recharged though it will not necessarily do so. The battery will not be damaged if it is left

## CURE FOR CALF SCOURS

Here is a bit of information that may be useful to someone with a cow or two calving in the spring. It's a cure for calf scours, tested and proven to be effective over years of use on ranches.

- 4.5 lt (1 gal) warm water
- 1 tbsp baking soda
- 1 tbsp table salt

Or for a smaller batch:

- 1.1 lt (1 qt) warm water
- ¾ tsp salt
- ¾ tsp baking soda

Give one quart per calf 4 times a day (every 6 hours) for about 3 days.

Scours, with a thin brownish liquid much like diarrhoea, will dehydrate your calf. Therefore, getting the liquid into the calf as soon as possible after noticing scours is important.

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## 12V Battery Charger

Fig. 1. The voltage regulator.

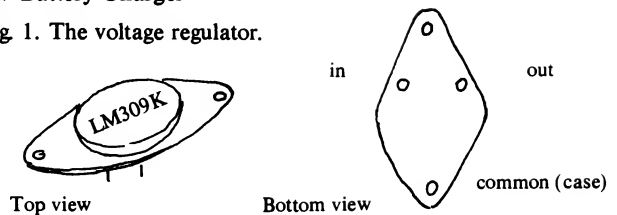
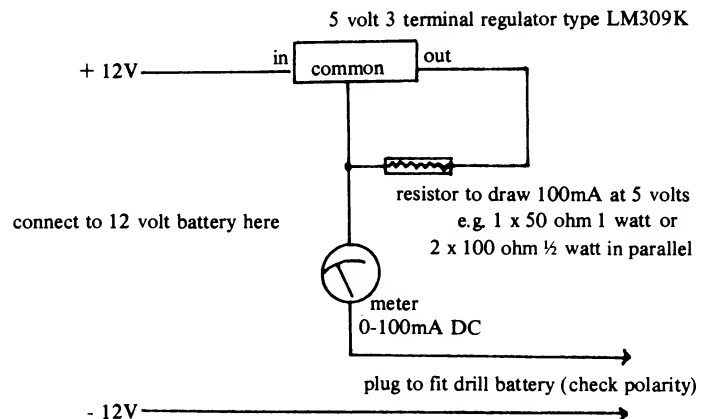



Fig. 2. Connecting the circuit.



on after it is fully charged, up to the 14 hours, but it is not advisable to leave it on the recharger all the time.

In another article (GR 65, p. 37) a system of rejuvenating apparently dead rechargeable batteries is shown. So do not give up if you think your drill has reached the end of its useful life.



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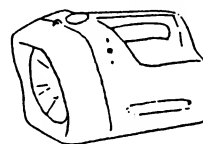
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# SURVIVING WINTER'S AILMENTS

by Blackmores Communication Service, Sydney, NSW,

If you have looked after your health during spring, summer and autumn, you will breeze through winter by making sure you include plenty of live raw foods such as salads and fruit in your diet. But even Achilles had a weak spot, and any one of us may become susceptible to winter ills — or maybe you find that old man winter keeps health problems in store for you, though you are okay the rest of the year. So here is the natural approach to some of winter's more common problems.

## THE COMMON COLD

Modern medicine seems to be stumped by this malady, offering only relief of symptoms, not cures, though there are many ways that your own body forces can be marshalled to provide a quick recovery. Maybe you have been doing and eating all the right things, and still you get a cold. This simply means that other factors have contributed to lower your resistance (like stress, or a wild weekend, or a bout of constipation), but most likely it is because you haven't been getting enough vitamins A and C.

When you get that 'cold-coming-on' feeling, boost your intake of vitamin A to 10,000 i.u. and vitamin C to 10,000 mg for a day or two; halve the dose for the next few days, and then drop back to your normal intake — or adjust your diet with vitamin A and vitamin C-rich foods. These include chillies, capsicum, parsley (both), dandelion greens, carrots, apricots, cress, spinach (vitamin A), blackcurrants, broccoli, Brussel sprouts and citrus fruits (vitamin C). Remember that vitamin C is water soluble, so you won't benefit from one huge dose — you must take lesser amounts at regular intervals through the day, or choose a time-release supplement formula which will not affect your stomach's acidity.

Garlic, too, is a sure way to shorten the affliction. So are the minerals iron phosphate and potassium chloride, which are available in tablet forms. The herbal remedy for colds is an infusion of peppermint and elder flower taken as a tea every few hours while the symptoms are acute.

## INFLUENZA

Generally the treatment is the same as for a cold, but once you have it — or it has you — don't be brave and go to work! Stay home, keep warm, and drink plenty of liquids. Citrus juice is best, sweetened with a little honey; or peppermint and elder tea. Eat light foods often instead of two or three heavy meals. This is where garlic can come to the rescue, in its natural form or as tablets.

Try the following 'Kick-A-Germ Joy Juice' which hundreds of people have used to good effect. Its advantage is that it can be made from the kitchen cupboards and the fruit bowl, and if infection strikes at night time, or if you are in a remote area, something can still be done to help. Dice 4 whole lemons and 4 cloves of garlic (skins and all). Place with 1 litre of water in an earthenware or stainless steel container. Simmer. Add a heaped teaspoon of ground ginger and a heaped teaspoon of cinnamon. Add 1 large nasturtium leaf. Simmer for half an hour or more, stirring regularly. As it cools, add 3 or 4

dessertspoons of raw honey, and stir it in. When mixture is cool, take a half-cupful every few hours until the symptoms abate, then gradually reduce the dose to three times daily. This is not suitable for babies, but children over six years can be given a dessertspoonful three times daily. Teenagers can take the full adult dose.

This is very good for gastric flu, added to a diet of grated apple and natural yoghurt. To reduce fever, eliminate solid foods, eat only fruit and drink plenty of vegetable juices. Tea made from hypericum herb (St. John's wort) should be drunk every two or three hours.

## SINUS PROBLEMS AND HAY FEVER

The same vitamins A and C are important, but the vitamin C needs to be accompanied by bioflavonoids. Antihistamines are frequently prescribed for these conditions, but tend to make for a groggy state of mind. A natural antihistamine can be made from citrus peel, pulped or grated, and soaked in apple cider vinegar and honey. A teaspoonful taken three times daily will help to reduce the histamine reaction and clear the head.

Inhalations are also effective, using thyme and eucalyptus oils for sinus infections, and eucalyptus and camphor oils for hay fever. Be careful of the thyme oil, as it is very strong — less than one drop is needed to a cup of hot water. Add the other oils by drops until they are strong smelling in the vapour. Place a paper bag over the cup, and, with a corner torn off, insert the nose and breathe slowly and deeply until the water cools.

Garlic and horseradish are two specific herbs for these complaints, and a useful combination of the two can be purchased in tablet form from health food stores.

## SORE THROAT

The inflammation of a sore throat is usually due to a mild infection of the tissues or of the tonsils, in an effort to contain bacterial invasion. Cold tablets containing iron phosphate, potassium chloride and potassium are helpful when the condition is acute. If ulceration and suppuration are present, sodium phosphate and silicon tablets should be included, along with the recommended dosages of vitamins A and C.

A gargle with sage tea is helpful, but if it's only a mild irritation, sip a mixture of honey and apple cider vinegar. Another good gargle is straight lemon juice, particularly if phlegm is present, and for inflammation you can try a gargle made from an infusion of hydrastis tea, which should be swallowed. Better still, get a spray and spray the throat two or three times a day with a tincture of hydrastis, if you have a local herbalist from whom you can buy it.

If it really gets you in the neck and the larynx becomes inflamed, keep to a light diet and drink hot lemon juice and honey. (Add 2 or 3 cloves or a drop of clove oil.) Or make a gargle from 30 g (1 oz) of red sage to a half pint of water. Add a half pint of warm apple cider vinegar, and gargle every hour.

## BRONCHITIS

It has recently been discovered that vitamin B6 is useful to

reduce the inflammation of the bronchi and the spasms that cause coughing. Because most winter complaints produce similar symptoms, but in different locations, the same basic formula of vitamin A, vitamin C, iron phosphate and potassium chloride is effective for all of them. A cupful of elder flower and peppermint tea should be drunk each half hour until profuse perspiration occurs, and then reduced to a cup every hour or so. A massage of the chest, throat and back with suitable herbal ointments or warm camphorated oil should be given two or three times a day. Hydrastis, comfrey and horehound teas are also beneficial to soothe the tissues and help remove mucus through coughing.

Chronic bronchitis should also be treated with herbal specifics such as yarrow, boneset and bloodroot. Now, if the principles of Chinese medicine are facts and seasonal opposites cause fluctuations in bodily energy, the time to treat chronic bronchitis occurring in the winter is in the summer, and a course of these herbs should be taken during summer months as a preventative.

## **FEVERS**

Sometimes you can feel feverish and off-colour without any other symptoms. This indicates that your auto-immune system is working to eliminate an infection and that, while no other symptoms exist, the effort is successful. It follows that to suppress the fever with drugs is to get in the way of your body developing its natural immunity.

However, prolonged and high fevers are certainly dangerous, and medical help should be sought. If this is not available, soak a cotton sheet in lukewarm water, wring it out lightly and wrap it around the sufferer. Soak a second sheet, and when the first one loses its moisture apply the second. Keep this up until the temperature is reduced and the patient feels comfortable. During this process let the patient take regular sips of warm water to which apple cider vinegar is added (about 2 teaspoons to 300 ml/½ pint). Add a pinch of Glauber's salts or table salt too.

For mild fevers, bed rest is important, along with a light diet (mostly fruit and yoghurt) and plenty of liquids (including elder flower and peppermint tea). Help your body learn how to fight, and help it along with 'Kick-A-Germ Joy Juice' or vitamin A and vitamin C tablets.

If you do this you will get stronger and the wog will get weaker. If you take antibiotics straight off (particularly if not prescribed by a doctor) the wog will get stronger and you will get weaker. But if you are on antibiotics, don't reduce the dose or stop taking them as soon as you feel a bit better. Take the full dose for as long as your doctor tells you to — if you don't you're just helping the wog develop its own immunity to the antibiotic. The result is bigger and better wogs and weaker and therefore more susceptible people.

## **RHEUMATIC COMPLAINTS**

Under this heading comes a host of complaints, which are always worse in cold weather, and whose name differs with the tissue affected. Generally, all can be helped with the same approach. They are mostly due to an over-acidity of the blood due to diet, or to a kidney weakness in eliminating uric acid, or a metabolic weakness in converting uric acid to urea. Kidney herbs such as uva-ursi, broom and buchu are

therefore specifics, and can be obtained in tablet form from health food stores. As vitamin B6 provides co-enzymes for the chemical conversion of uric acid to urea, this should be included too.

Sometimes improper elimination is a contributing cause, and the bowels should be stimulated with a natural laxative and fibre foods like bran included in the diet. Sodium salts will help to keep the blood on the alkaline side, and rhubarb is both good and bad for rheumatics. Don't eat the stems, but an extract of rhubarb root is excellent.

Daily exercise and deep breathing is necessary, as is a daily massage of the sore areas with suitable herbal ointments, particularly those containing capsicum. Hot and cold showers and a brisk rub-down with a coarse towel or skin brush will help to tone the circulation too, and the acids can be leached out of the muscles by soaking in a warm bath to which 450 g (1 lb) Epsom salts has been added. Amongst the minerals calcium and magnesium may be important, and frequently bring relief to aching muscles.

If rheumatic complaints are your problem, do keep the affected area warm, and don't brave the winter winds without adequate clothing or woollen underwear.

## **CORNS, CALLUSES, CHILBLAINS AND BUNIONS**

These afflictions of the feet are frequently worse in cold weather and, stubborn as they can be, there are some very simple cures.

For corns, try this one: tape a strip of pineapple peel over the corn, and change it every day. A footbath is a good way to soften and reduce them, but add a small handful of Epsom salts to the water.

Bunions should be painted daily with a 50/50 mixture of castor or olive oil and iodine. The minerals calcium fluoride and potassium chloride should also be taken internally, in tablet form.

For chilblains, use the olive oil and iodine mixture, and take the minerals sodium sulphate, potassium phosphate and potassium chloride.

Finally, winter skin care is needed for those outdoor types, or for sensitive skins that dry in the winter winds, causing cracked lips and chapping. The solution is to use a skin cream with vitamin A and vitamin E in a natural vegetable oil base, because it not only acts as a barrier but feeds the skin with the necessary food elements that keep it pliable and healthy.

The effectiveness of these naturopathic approaches to winter ills teaches us that the same nature that gives us winter also supplies the remedies for the problems that some of us experience in the cold season. Old man winter is not a curse, but a necessary low point on nature's pendulum — a time for lying fallow and taking stock; a contemplative time for reading and learning, while outside the chill winds blow and the rain and snow come down. The fit, hale and hearty tend to agree with John Ruskin, who wrote: 'There is no such thing as bad weather; just different types of good weather!'

Information supplied by Blackmores Communications Service, 23 Roseberry St, Balgowlah 2093. Blackmores produce a range of natural herbal and mineral preparations which are available in health food stores and pharmacies.

# Spinning Without a Wheel

by Robin Jean, Braidwood, NSW.



One of the first things people see on entering our living room is the spinning wheel.

'Oh', they say. 'You have a spinning wheel. How lovely to be able to spin your own wool.'

Rarely do they realise that you don't need a wheel to spin wool. You don't even need a spindle. All you do need is the inclination, some fleece, a crochet hook and the ability to use it. There is immense satisfaction to be gained in making an item from raw fleece. In spinning your own yarn you obviously have a greater input into the finished product. It is more yours. Also when spinning without a wheel you, not the machine, are in control. You can avoid the feeling beginners usually have with a wheel that everything is out of control and they cannot stop.

Spinning without a wheel is easy to do. It is so simple that, as with crocheting or knitting, it can be done whilst talking or watching television. Since it requires no special equipment, not only can it be done in any room of the house, or even outside, it can also be taken when visiting, as you take your current knitting or crochet project. In contrast to this, spinning wheels are delicate machines and awkward to move and are usually only used in the home or at special spinning sessions at craft centres.

Spinning without a wheel produces a lovely soft yarn suitable for hats and shawls. This is also where its main disadvantage lies. Since it doesn't have the twist that machine spun wool has, the yarn produced is soft. As a consequence it is not as hard wearing.

A final advantage is that of price. Providing you have the time to put into it and do not cost your own time, the finished item will cost less. Ordinary yarns are around \$30 to \$50 per kg in the shops. If you are paying even as much as \$15 per kg for fleece then you are still paying less than half price. Nor do you have the expense of a spinning wheel to take into account.

## PREPARATION

Spinning without a wheel begins with the selection of suitable fleece. Fleece can be bought from craft shops which specialise in fibre and textiles, small wool and skin dealers or direct from the farm. The same quality and prices are available from each

of these sources. Be warned though: the price does not necessarily reflect the quality. The ideal fleece for a beginner is clean, carded fleece. This is generally more expensive but it can be spun immediately without any preparation. The fleece is carded by combing the fibres so that they all point in the one direction. It is cleaner than raw fleece because in the carding process the larger pieces of rubbish are pulled out and the smaller particles of dirt tend to be dislodged.

A good fleece does not have to be carded or combed before use however. Raw fleece can be used if it is free of vegetable matter and dags (greasy lumps of matted wool) and not matted together. Fleece bought from wool and skin dealers or from the grazier will not be carded or cleaned but can be of a higher quality than that sold in craft shops. When buying fleece look for cleaner wool which is relatively free of sticks and dags. Make sure it is not felted with all the fibres stuck together. Test the strength of the fibre by holding a small bundle of fibres and pulling lengthways to see if any break. If they do, don't buy the fleece.

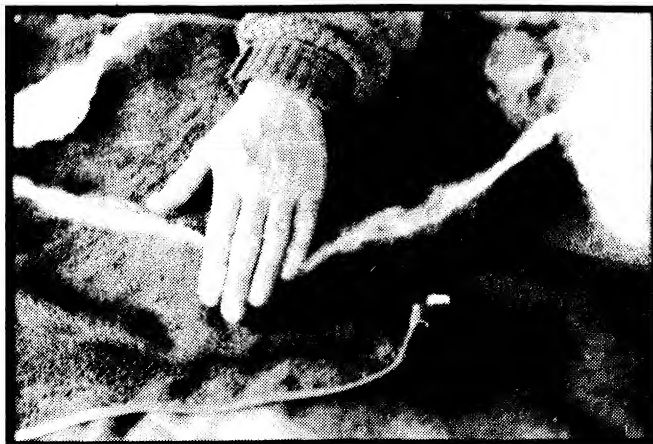
When you have some suitable fleece, gather it, a crochet hook (say size 10 or 12) and a cloth to place over your knees. Then find a comfortable chair. The chair should be one with no obstructions at the sides (for example a couch or armless chair). Its upholstery should not be of precious or unwashable material. Raw fleece is not clean to work with. Not only is it greasy but any sticks and dirt in it will drop out onto your lap and chair.

## PROCEDURE

- Place the cloth over your legs and knees and the fleece on your left side if you are right handed, your right if left handed.
- Start to pull a hank of wool out from the fleece. Tease it out so that you have a continuous length of wool from your lap to the fleece in the bag. The thickness of the wool 'thread' lying loosely should be about 1-2 cm ( $\frac{1}{3}$ - $\frac{3}{4}$  in) in diameter. You'll find that as you pull out the fleece the fibres cling to each other. This is because of tiny scales on the fibres which catch on each other. It is these scales which make wool easy to spin. If you look closely at the raw fleece you'll notice that it is in bundles. These are called staples. When you begin to



Teasing out the fleece.



Rolling the fleece.





Crocheting the lightly spun fleece.

pull out the wool, pull from the centre not the ends of the staples. This will make a softer yarn.

• When you have pulled out a length, lay it on your leg, place your hand on it and roll it down towards your knees. The teased-out fleece will be slightly twisted by this action. The more you roll the tighter the twist and the tighter the twist the stronger the resultant yarn. Be careful not to roll it so much that the twist runs down into the unteased fleece, since the knot that this produces is almost impossible to untangle. As you release the twisted wool to pull out more fleece, you'll notice that it tends to unwind. This doesn't matter. Though the more the twist the stronger the thread, only a slight twist is needed to prevent the finished product falling apart.

• Repeat the first two steps until you have 1-2 m (3-6 ft) of lightly spun yarn.

• Begin to crochet the yarn as you would normally. When you have used all the yarn you have spun repeat the process of pulling out the fleece, rolling down your leg, then crocheting it. Should you lose the connection between twisted thread and the fleece beside you, just pull out some more fleece, overlap it with the end of your yarn and roll them together. Then carry on as before.

When finished, the item can be washed and dyed as normally done for woollen products. Take care not to agitate too much so the wool doesn't become felted, and avoid large temperature changes because this will lead to shrinkage.

For a first attempt at spinning without a wheel, try something small and simple to make, such as a crocheted hat or scarf, then progress to shawls and baby blankets. This yarn is perfect for these items, since it is soft and warm.

Then perhaps your visitors will say, on seeing your products, 'I didn't know you had a spinning wheel.'

And you can reply: 'I don't.'

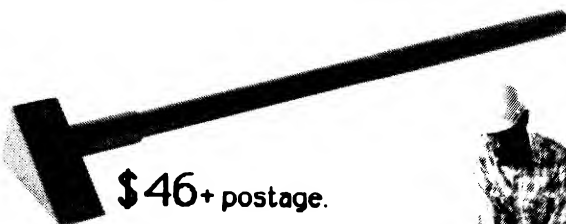
### HANDY HINT

Take particular care if burning oleander prunings, as inhaling the smoke can cause severe illness and even permanent blindness.

### CRAFT BOOKS

Bargain priced quality secondhand books. Spinning, weaving, knitting, dyeing, woodwork, leathercraft, jewellery, printmaking — and lots more. For price list send SAE to 'Craft', C/- Heather, PO Box 764, Shepparton 3630.

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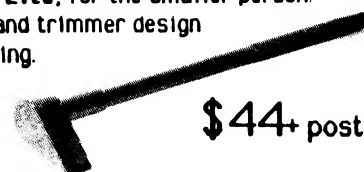


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# MUDSLINGING AT MUDBRICKS

by Jamie Derkenne, Bowraville, NSW.

*'You'd have to be stupid, you'd have to be thick, to even think of bloody mudbrick' — Me.*

Consider how appallingly thorough and emphatic mudbrick builders are. You read about them all the time in magazines such as this. They write muddled articles which incorporate a mixture of earth communion and minute detail on such things as how long they had to hold a hose over a brick before it dissolved.

If you see them, the builders, that is, not the bricks, you can tell from a distance what they are. They have a crazed look in their eyes, grey hair, and hands that look like a turtle's behind. And besides, they've usually got great cakes of sticky guck all over their boots. If they catch your attention, they impress on you zealously that you too should be a mudbrick builder. The reasoning, I believe, goes along the lines that if they've suffered, then you should suffer too.

You might think I'm just muckraking, or ever mudslinging. But that's not true. I also became a convert, about May last year. I got the notion that it would be a good idea to build a mud brick studio, complete with cellar. The whole construction was to be about five by seven metres (16 x 23 ft). Don't ask me why I thought it would be a good idea to have a studio. I haven't an answer. All I remember about the decision making process was talking to this guy with grey hair and hands like a turtle's behind . . .

With fire in my eyes and mud on my boots, I went searching for advice on building in mudbricks. I saw many fine buildings. But the builders, ah, there was the rub. All of them, without exception, looked tired, worn, and old. Look for yourself. Dig up any article on mudbricks (*Grass Roots* must be full of them). Look at the accompanying photo. There's usually a happy family standing outside their brand new mudbrick building. The kids look well and content. The shadows on the edge? Ah, well, that was Mum and Pop, before they faded away. Got a bad back out of nowhere, and went downhill from there.

I quickly came to realise that yes, I could build a mudbrick building, but if I intended firstly, to have it finished by Christmas and secondly, to be alive to enjoy it, I had better employ the Hiram Guttenheimer Method of Unravelling Dilemmas (M.U.D.).

Hiram Guttenheimer was a classmate of mine whose Method of Unravelling Dilemmas, although not unique, was carried out with near perfection. His approach to Getting Ahead inspired me as I morosely spent weeks sipping brew on the front verandah while contemplating my lot: a possible life of servitude in a mud pit; and my wife's implorings and threats of gross and gratuitous physical violence unless I started digging. Hiram was considered a genius at school by everyone, including me, even after I accidentally found out his Method of Unravelling Dilemmas.

Hiram would always top his exams. He did this by taking into the exam room a black plastic pencil case. On it, as I discovered one day, he had written all his notes in black biro. The writing was totally invisible, unless you held the pencil case in a certain way to the light, when the oil in the ink would

make the letters shine. Hiram's teachers were all in awe at the boy who consistently got 98 percent in his exams (he was invariably deducted two marks, as he would always neglect to write his name in the space provided because it was on his shirt label, and not with the rest of his jottings), but who nonetheless could spend so much time just playing with a pencil case. Hiram never got caught (he's an accountant now!). He became an inspiration for my mudbrick building.

You see, in a word, I cheated. Mudbricks are fine, if you don't have to make them. I was determined not to make them, but I couldn't afford to get someone else to break their back for me. Digging the mud was easy. All that had to be done was tell the backhoe operator who was digging the foundation trenches to separate the top soil from the clay. As the proposed building incorporated a cellar and a pool, I soon ended up with a bemused backhoe operator and a huge pile of mud.

Now this is the bit where I say 'Yah boo sucks!' to all those snorting mudbrick home dwellers reading this article. I found this guy who had a petrol driven machine, a kind of Cinva-ram resplendent with hopper, hydraulic arm, and all sorts of levers, dials and contraptions. I didn't want to work hard; I'm incapable of it. So I decided to make 300 bricks a day. My friend would operate the controls, and I would shovel. No straw, no cement and no extra water. We'd start at about 7 a.m. and finish up after lunch. Yes, it was hard work, messing around with that clay. But then, I know of people who took years to make their bricks. I took five days, and at the end of it, I only looked marginally more aged and worn.

The result of this experience is that I don't feel a crazed compulsion to convert people to building in mudbrick. Let me warn you, it is a slow method of building, and getting such things as straight lines, (which are very necessary for placing windows, for example, despite what some people say) is wellnigh impossible.

But there are, I admit, some advantages. One quite effective treatment I found was using a different coloured clay for the corner blocks. As long as you tie in the corners well, there is no problem with different contraction rates in the clay. And of course, the greatest advantage of mudbricks in a climate like mine (subtropical) is their thermal insulating properties. Inside a mudbrick building, it really is much cooler in summer, and much warmer in winter.

Apart from that, there's little more to be said, as most of it has all been said before. I do agree that mudbrick buildings are more human, but only because, at the end of it, there's so much of your blood, sweat and tears smeared all over the brickwork. Perhaps it's because mudbrick building is such witless work that I have to make fun of it now. As George Bernard once wrote, 'My way of joking is to tell the truth. It's the funniest joke in the world.' It's only machine made mudbricks, after all, that you can afford to make without Shaw.

*'A left handed form of human endeavour' — John Huston*

# MUDBRICK BLUES

*Tori and Nev, Snake Valley, Vic.*

*Will it ever be done? This ain't much fun,  
Always more to do;  
A little help from my friends, but it never ends —  
I've got the mudbrick blues.*

*Up to my neck, up to my ears,  
In mud, blood, sweat and frustrated tears;  
Got no time to enjoy the views,  
The flowers, trees and kangaroos.*

*Spiders, flies, rats and fright,  
Mosquitoes, possums, bats at night,  
Snakes and frogs around the dam —  
Who'd live here? (persevere!) Well, I am.*

*'Cause I had a dream, I've had a vision  
Of life in the bush and no television.  
Turn on the cooker, electric light  
In the city, now isn't it bright?  
Chop the wood, candle burning,  
For simple things my heart is yearning.*

*Wheelbarrow's empty, sun goes down.  
My hard work done, time to admire;  
Into town to remove my frown  
Or relax by an open fire.*

*Now most of the work is behind me;  
Tanks are full and the oven's on.  
Every brick has a memory  
Of all the up and down days gone.*

*Those mudbrick blues float out the door  
As we share a bottle of wine.  
My house is finished, and what's more,  
I think it looks just fine!*

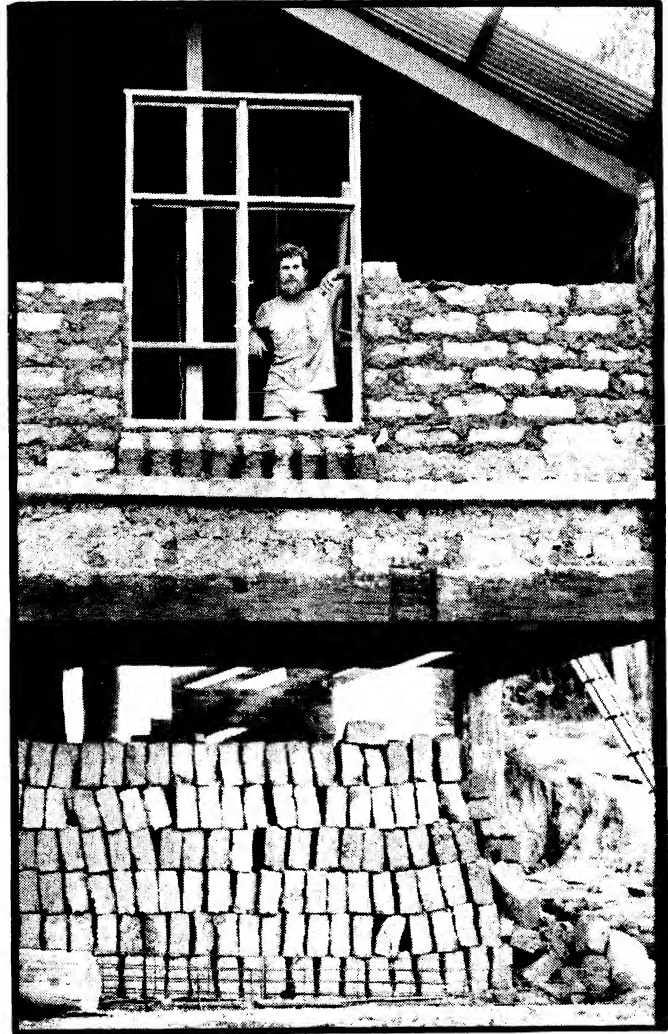


Photo courtesy Northside Productions.

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## Fridge Incubator Safety

by Robert Earl, Bellbird, NSW.

As a regular reader of GR I must say I enjoy it very much. A recent article on a homemade incubator (GR 63, p. 22) has pushed me to write. I don't doubt the incubator will work, but I do feel some of the info accompanying it is misleading and the machine could be dangerous. There are safer alternatives.

I operate three incubators: two still air machines and one fanforced. First of all, the operating temperature in the still air machine for chickens is recommended to be kept at 39.9°C or 103° (higher than the 38°C or 100°F stated by the Hannafords in their article) with the thermometer to be level at the top of the eggs. This can be checked in any reference book on poultry hatching from your local library.

The refrigerator incubator described in the article, with the heat source coming from the bottom, is opposite the recommended method where the heat source comes from above the eggs, as in natural incubation by the hen. As well the

amount of water used is excessive with no temperature control.

Experiments carried out by myself and an electrician using light globes as recommended by the writers, Ross and Julie Hannaford, showed that the temperature was far from stable and lower than necessary to hatch eggs, also the light bulbs exploded into thousands of pieces after several drops of water dripped onto the hot bulb. As well, the insulating properties of the egg cartons make them unsuitable for the hatching of eggs. My concern in this matter is the safety of the people, especially children, that could be involved in this dangerous experiment.

An incubator shown in an earlier magazine (GR 57, p. 39), using a number of 40 watt light globes and submitted I believe by an electrician, is in my opinion not only a safer machine but would definitely be a more successful and a cheaper method of hatching chickens.



# THE HOMESTEADER'S HORSE

by Irene Maxwell, Woodend, Vic.

There are many reasons why a horse can be a valuable asset on the small holding. The commune or individual farm which has a good-sized orchard, a vegetable garden, a few animals, that raises at least a portion of its own grains, could use a horse for dragging logs, ploughing, hay making, moving stock feed, applying manure/compost, pleasure riding, stock work, moving or excavating soil, (as in dam building) as well as pulling a cart, to name a few instances.

Many people may be deterred from investing in a horse for several pertinent reasons: lack of expertise; initial cost; lack of suitable breeds for the variety of work I've outlined above. The first two points are not the hurdles they appear; for instance, lack of expertise is overcome by applying yourself, and practising. Even a tractor buyer must become used to the machine. The expense of the horse, and all the equipment needed to give it versatility, is a definite consideration, but not insurmountable, and certainly below the expense of buying the various machines to duplicate the horse's abilities.

The lack of suitable breeds is a stumbling block however. Last century and earlier, landholders used draught horses — and magnificent animals they are too. Quiet, steady, unendingly patient, immensely strong, they were invaluable to farmers. They do, unfortunately, require huge amounts of feed, hence their decline in popularity. Often, too, today's farms are too small to keep a big horse like the draught in a good amount of work, and no-one wants a giant lazing in the paddock eating you out of house and home!

There are several major breeds of what I'll call 'middle-sized' horses: the hack, or horse which is undistinguished, and used by nearly everyone in general riding. He may be almost any colour, and from 14 to 16 hands high. He is quite a good horse, although not as versatile as would be necessary to become a true homesteader's horse, having a light build not

truly suited to pulling.

Specialty breeds include the thoroughbred (too large, fine-boned and flighty), the quarter horse (too heavy), the Arab or Anglo-Arab (too lightly built), the Appaloosa (a beauty, but too lightly built) and many others to which my comments in brackets would also apply. Of the smaller breeds, such as the Shetland, the New Forest, the Connemarra, the Welsh Mountain — all are strong stocky beasts, but most often they are too small for pulling big loads or providing a comfortable ride.

The horse I would envisage developing would blend the qualities of a cross draught (i.e. a smaller horse but with the temperament of the draught) with the strength and compact build of the Welsh Mountain pony, for instance. Such a horse would stand a maximum of 15 hands high, be stockily built with heavy shoulders, thick legs and a short body. He would be very strong for his size, and quite capable of pulling loads a bigger horse would stop at. He would be gentle and very quiet; the sort of horse who wouldn't panic even if the cart he was pulling overturned. (There are horses like that!) He would have the pony's ability to maximise feed use; that is, to get the most flesh and energy from the least feed.

The horses I would breed would be sold at four or five years of age, trained to pull, to stand for examination and/or treatment, to ride under saddle, to back up, and to be at all times trustworthy. Hence, they would be expensive, and would be sold only to those people who had the proper facilities, and who love animals.

Before I bring more horses into the world, though, I wonder if the demand is there? Do any *Grass Roots* readers fantasise about having such a horse? Would they be willing to wait a few years? We could all be involved here in the creation of a new breed — the GR Horse!

## THE COMMUNITIES' ACCESS QUESTIONNAIRE

To help facilitate the needs of people living on communities and people searching for communities to visit or move into, we have produced a questionnaire to be completed by as many communities as possible. The questionnaire asks for basic information about the people, land, facilities and aims of the communities (all questions being voluntary). The reviews, when returned will be compiled into a book form to be available for people to contact the sorts of communities they wish to go to. There will also be an introductory section providing some practical hints on how to approach a community.

The book will be an update on previous lists, reviewed every 2-3 years and compiled by either Lionel Pollard or Marg McLean and Barrie Griffith.

The questionnaire was originally published in DTE-NEA March Newsletter and is available for anyone to photocopy, distribute, republish in any newsletter or magazine. If you would like to receive the questionnaire, we have copies available, free at your request. It also comes with folding guidelines and our FREEPOST address so it can be returned to us without any cost to you.

We would like the replies back to us by June 22nd for final compilation and editing of the manuscript in July. We hope to take orders in July and to have the first books out for August.

If you are not attracting as many visitors or new members to your community as you would like, the review could be of some assistance.

**Copies of the questionnaire are available from PO Box 341, SPRING HILL 4004.**

# HAFLINGER

## POWER FOR GR LIFESTYLE

by Wolf and Brigitte Krum, Michelago, NSW.

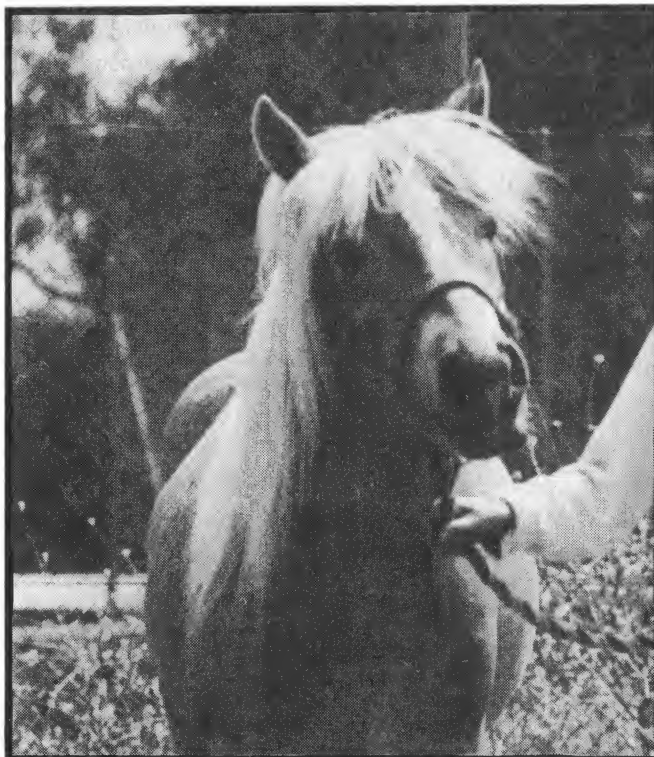
If you want to get a horse anyway, you might as well go for the breed that was developed almost specifically to suit your needs and lifestyle — the Haflinger. A sturdy, medium-sized chestnut with profuse white mane and tail, combining power, stamina and will to go with a calm, intelligent disposition and docility that make him easy to handle all over, even by young kids and inexperienced, novice horsehandlers, he has successfully invaded more than 30 countries on all five continents during the 200 years of his existence.

Your backyard beauty is a good doer, very inexpensive to keep, and very robust by nature. He takes a keen interest in all that's going on around, and is not easily frightened. Whether you want him to pull your plough, carry you and/or the kids around for pleasure or pony club, or go properly in harness, he is an expert of the sort 'you name it — I've done it!' You don't have to sell him should your kids get ambitious (unless they are into 3-day-eventing or high-level dressage), as Haflingers are successfully used for jumping (up to 1.60 m/5 ft 4 in, basic dressage, combined driving and endurance riding as well.

If you asked a Haflinger about his favourite occupation, he would probably put 'equine member of a nice human family', plus 'eat all day'. There are two things to watch:

- His diet — poor pasture will do as long as all essential vitamins, minerals and trace elements are supplied. Grains are only needed if he is in regular work, and then not as much as for most horses. He fattens very quickly and may require yarding or lots of work from time to time.
- Fencing — fences have to be solid. A couple of daggy wires will *not* do.

Besides about 50 purebred Haflingers in this country, cross-breeds are also available but these do not always resemble the quality all-rounder with the good temperament that is so important.



Andreas, Sonya Kuhnert's Haflinger gelding, with traditional heavy white mane and attractive chestnut body. Photo by Geoff Perry.

If you want to find out more, contact the Haflinger Horse Society of Australia, Mrs Eve Paxton, 283 Killawarra Rd, Duffy's Forest 2084. If you happen to be in Michelago on the Monaro Hwy, give us a tingle from there (we're in the book) as our two Haf's — a 1st and a 2nd cross — are generally available for personal inspection!



Pat Bakarich's Haflinger gelding Nougat at the Haflinger Parade in 1984.

# SHETLAND PONY POWER

by Dee Flockhart, Glendoon, via Riverstone, NSW.

My daughter and I live on 50 acres, 2 hours out of Sydney. We have our own fruit trees, vegies and bees, but our life is made easier by another important member of the family — Cagney.

Three years ago I came across a little black Shetland pony in need of help, I didn't know at the time what a help he would be to me. My vet told us that we wouldn't save him as he was suffering from malnutrition and his hooves had not been trimmed in all his nineteen months of life, with the result that he suffered from strained tendons. Well, we put him in a sling and hung him from a rafter in the shed and with good feeding (six small feeds a day) and by working his little legs by hand (a physiotherapist friend helped a lot) we got him on his tiny feet — for which we have to have shoes specially made.

Our intention was to get him better and find him a new home. However, in tracing him back through seven homes we decided he'd had enough *homes* if you know what I mean, so we paid up all our fees and transfers and found 'us' the owners of a then 2 year old Shetland stallion.

The decision to keep him made, how best to get him to earn his keep? Well, they are draught horses aren't they? So I set about getting old bits of harness, making sure they fitted or cutting them down till they were comfortable and checking that the leather was sound, and broke him into harness. I've had horses nearly all my life, so that part was fairly easy. Then to graduate from the pipe jogger (a basic frame used for training) I needed a cart. It's not hard to build — if you can understand my plans!

I was lucky enough to get all the stuff I needed from the tip, but you might have to buy a few bits and pieces of hardware. The wheels were from an old hospital food trolley and for the plank floor I used pieces of an old paling fence that someone had dumped. The measurements will depend on the size of your 'draught horse'.

The 4 x 2 cross bars are bolted from one shaft to the other (figure 1) for the body of the cart to rest on. A bar with trace hooks bolts onto the front and the plank floor is fastened to the

## Making your pony cart.

Fig. 1. The shafts.  
screw hole

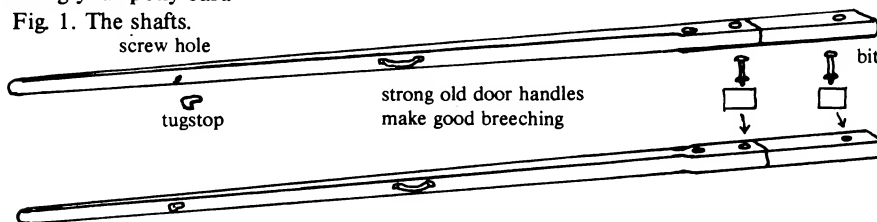
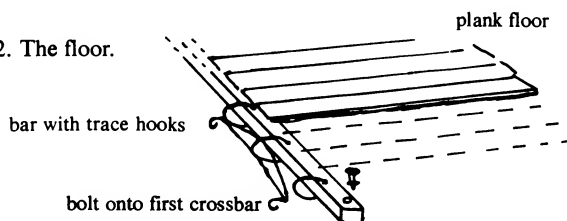


Fig. 2. The floor.



cross bars (figure 2). The sides (and top plank if you want one) are bolted to the cross bars using steel straps (figure 3). You can also add a tailgate hinged to the back piece of 4 x 2 and held up by dog chains (figure 4).

The axle is fixed to a piece of 4 x 2 with U-bolts, and strong steel strapping bolted from there to the base of the cart to act as springs (figure 5). A local blacksmith may be able to help you bend the steel strap into the right shape. When you put the wheels onto the axle, make sure to put washers between each wheel and the split pin, or the weight on the wheel may break the split pin, as happened to me. Any time is a bad time for losing a wheel!

For the seat, you need to pad a plank (how much is up to you) and a backrest if you want one. The seat has to be adjustable so that you can balance the cart with different loads. Mine will slide along pieces of angle iron, with pins front and back to hold it in place (figure 6). A footrest is also handy but not essential. When it's finished (figure 7), paint and decorate the cart as you wish. Mine is green with yellow line work and yellow wheels — quite an attention getter when we go to town!

Now Cagney is a very productive member of the family. He can harrow half a paddock in an afternoon, pull the cart loaded with compost from heap to fruit tree to garden bed, keep my drains clean, carry the feeds around, take Sky to meet the school bus and go shopping. As well, he gives us an outing by going to the local horse show — and doing well, with one Championship and many Reserves in hand and many wins in harness, even in trades turnouts with my milk cart.

Boy you should see him now — a happy healthy little fellow, 9 hands high. He started a whole new life for Sky and me, we now have a wonderful little stud of three fine Shetland mares and Cagney's a father and looking forward to the next show season.

This might help anyone who would like to find out just how useful and how much fun these little ones can be for those travelling the GR road.

Fig. 3. The sides.

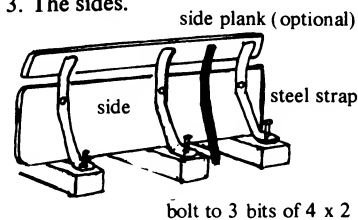


Fig. 4. The tailgate.

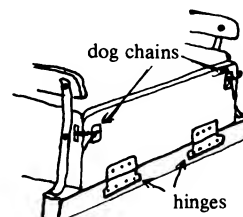




Fig. 5. The axle and wheels.

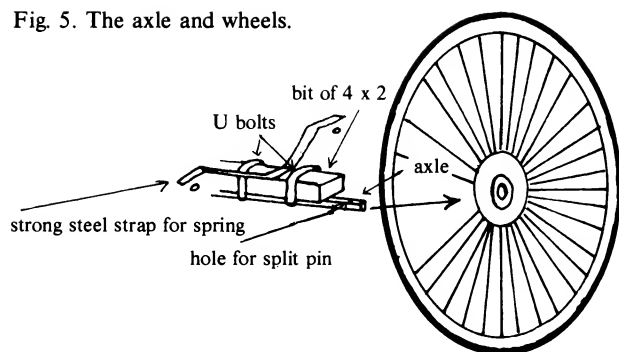


Fig. 6. The seat.

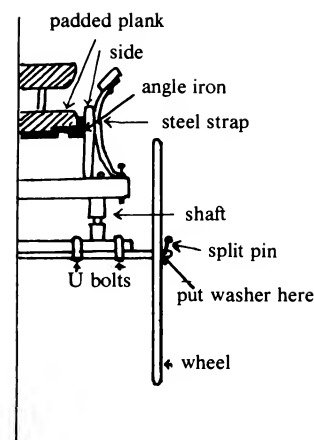
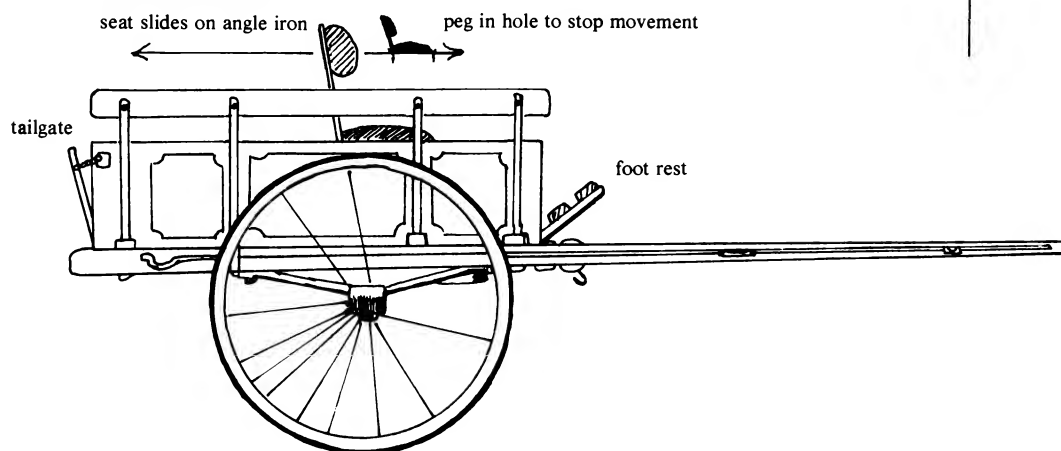


Fig. 7. The completed cart.



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# AROMATHERAPY

## PART II

by Gabriele Engstrom, Canterbury, Vic.

The pleasures of aromatherapy can be as simple — a few drops of oil on a handkerchief — or as complex as you wish, and may involve many years of study and practice in using specific oils to treat particular ailments. Last issue Gabriele introduced us to this fascinating therapy with a little of its history and an outline of her favourite oils and their many uses.

One of the aspects of aromatherapy that I most enjoy is the opportunity to experiment with the various oils and to find out which ones work best in different situations. You'll find that some oils suit you better than others and you will respond more readily to those you prefer. Don't just go by what suits other people — try them for yourself.

### OTHER USES

As you have noticed, there are many different ways of using essential oils. You can use them internally, but it is preferable that you contact a practitioner in that case. Since the essential oils are very potent, they should not be used for long periods.

### Facial Steam Bath

This is an excellent way to rejuvenate your face. Add 5 drops of oil to a bowl of hot water. Let the steam work for about 10 min. Chamomile and lavender are very soothing. Lemon oil is good for oily skin.

### Compresses

Place 5 drops of essential oil in 250 ml of water and agitate so the oil disperses. Place a cotton cloth on top of the water. Wring the cotton cloth and place it onto the required area.

Cold compresses for sprains: use eucalyptus, wintergreen or rosemary oil.

Hot compresses for boils: lavender oil.

For period pains: clary sage or chamomile.

### Inhalation

This is good for sinus problems, flu, colds and pulmonary problems. Add 5 to 10 drops to a bowl of hot water and breathe in the steam. Use eucalyptus, lavender, teatree or pine oil.

### Aromatic Diffuser

It is becoming more and more popular to use oils to purify or deodorise the air by means of aromatic diffusers. As I said before, even this is an excellent way to help your emotional ups and downs. Use:

rosemary as a stimulant during the daytime;

chamomile as a sedative at night;

ylang-ylang or jasmine as an aphrodisiac for special occasions.

### Perfume

The rumour goes that Cleopatra seduced Mark Antony by wearing jasmine oil at their meetings. However, be careful with jasmine — if you use too much it can produce a headache. Aphrodisiacs are still very much in demand: ylang-ylang, rose, patchouli and neroli are some of the best. It is fun experimenting with these oils and it is sometimes amazing what reactions you get. I have experimented several times and was always amazed by how much we humans, with all our sophisticated machines, are still controlled by our basic abilities like scent! So, my advice is: if you want to be

the star of the party, try one of the oils. Beware of imitations — make sure it's a true essential oil. You can add them to the bath, or wear a minute amount as a perfume.

These are just a few ideas. You can have a lot of fun experimenting with the different oils.

### TREATING CHILDREN

Essential oils can also be used on children. When my kids had croup, I used to give them rescue remedy, just to calm them down. I took some too! Then I added eucalyptus, lavender or rosemary oil (1 drop is sufficient) to the steam vapouriser. As I mentioned before, they all have anti-spasmodic properties.

Then of course there is the dreaded head lice. Use:

10 drops rosemary oil

10 drops eucalyptus oil

10 drops teatree oil

5 drops peppermint oil

Add the oil to the hair and scalp, cover the head with plastic wrap and let them wander around for a couple of hours. Afterwards wash the hair, applying the shampoo first and then the water. If you continue that for 3 to 4 days the lice will die, though you still have to use the nit comb. A friend of mine used this method with great success.

Kids enjoy the different aromas and are always happy to give mum or dad a foot massage.

As you can see, aromatherapy is very versatile. I am not saying that it is 'the' therapy, but it certainly has helped a number of people and I am sure it will also help some of you. Just trust and believe.

Gabriele is a practising naturopath and masseuse with experience of herbal and flower remedies and many other aspects of natural health and beauty care. She provides a mail order treatment and counselling service for country people. For further details of the services available, fees and information required, contact Gabriele Engstrom, 29 Golding St, Canterbury 3126. Ph: 03-288-2103 or 03-836-2871.



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# SMALL ENGINE CARE FOR THE HOME OPERATOR

## Comparing the Small Engine to an Auto Engine

A mower, rotary hoe, shredder, garden tractor or chain saw engine is not a simplified version of a car engine. The best auto mechanic in town can be and quite often is baffled by the quaint little motor, be it two stroke or four stroke.

There are a few points to consider:

- Car engines allow a certain amount of tolerance in adjustments. A little error is not too critical. After all, there are four, six, eight cylinders, so if one fails the car still runs. With a small engine everything is measured in either a thousandth of an inch (.001 in) or a hundredth of a millimetre (.01 mm). If you are out by even that much the engine may run roughly — if you are lucky — but it probably won't run at all. There is only one cylinder. If that fails you have had it.

- The compactness of the engine makes for an odd arrangement of parts that can confuse anyone without training in small engines.

- Since the engine differs from a car's, trouble shooting must be relearned. 50 percent of all troubles are only minor ones that can be fixed with a screwdriver or spanner.

- With any motor 3 conditions must be present for the engine to run: fuel, fire in the form of a spark and compression. If any one is missing the engine is dead.

- A mower's power plant is more susceptible to dirt and overload than other motors. After all it is in close contact with dirt and foreign matter at every turn of the shaft and it generates relatively little (1½-3) horsepower.

### DEALING WITH COMMON PROBLEMS

To be safe, before you touch your mower disconnect the ignition wire from the spark plug. With this done it won't matter if you have your hand in the wrong place. The engine won't start. With any trouble shooting, use a logical sequence. Most procedures apply to both two and four strokes.

#### Engine Won't Start

The most common complaint — it won't start, or once stalled it won't re-start. Although they look very much the same there are variations in different makes of small engines. Consult the maker's manual for specific information.

**Fault.** Engine starts, runs well for a time then suddenly stalls — won't restart.

**Cause.** Vapour lock. This is the result of excess heat around the engine, usually caused by clogged fins and air passages. Clean out packed grass and debris. On two strokes check for clogged exhaust parts. This should be a periodic check anyway. Remove the exhaust flange and clean the carbon build-up from the exhaust parts — use a hardwood rod, not a screwdriver or metal rod. A wooden meat skewer is ideal.

**Fault.** Won't start after being in storage or idle for a few weeks.

**Cause.** Generally fuel or ignition — but which one? Fuel check. Crank flywheel over several turns with choke closed. This should give a heavy concentration of fuel in the cylinder. Remove the spark plug. If it is wet with fuel then the breakdown is ignition. Fuel is getting into the cylinder but is not igniting. If the plug is dry — could be stoppage in the fuel system. On older models the adjustable needle valve may be tightly

closed. Open it up, usually about two turns and retry starting. Check fuel tank, fuel lines and carburettor filter.

Air filters are part of the carburettor system. The speck of dust that can hurt your eye is like a rock to an engine. There are various types of filter:

- Pleated paper — can trap up to 98 percent. Made of a resin impregnated heat cured cellulose.

- Polyurethane foam (oil wetted plastic sponge) — efficiency rating 60-70 percent.

- Oil bath — wire mesh element and separate oil reservoir. The oil level is important. Too much and the oil is drawn into the mesh blocking off the passage of air, or drawn into the engine causing a pressure build up. Too little oil and it fails as a precleaner. Efficiency rating about 60 percent.

- Oil wetted wire mesh — efficiency rating about 40 percent. (Should have gone out the window years ago.)

#### Improper Fuel-Oil Mixture

The cause of 80 percent of the troubles in two stroke motors. Older motors use 300 ml (½ pt) of oil to 4.8 lt (1 gal) of fuel, modern motors 50-80 to 1 mixture. Check this against the operator's manual. If insufficient oil is mixed with the fuel the engine will overheat and can seize up. If too much oil, engine will smoke and lose power, and spark plugs become fouled.

#### Plugs

Don't take chances. If the spark plug hasn't been replaced for some time throw it at the cat. 100 hours is usually the maximum life in a small motor. If the trouble is in the points, condenser, or coil then it is a major job. The flywheel may have to be removed. Some points can be gapped without removal of the flywheel. Check wires for chafing.

#### Poor Compression

Check. Turn flywheel by hand. If compression is sound the flywheel will spring back when pressure is released. Lack of compression indicates valves not sealing or sticking, piston rings worn or broken, cylinder out of round or scored, cylinder head loose, possible broken connecting rod.

Rotary mowers have a tendency to fail compression-wise, faster than reel mowers. About three years is the expected maximum for a rotary mower because of full power operation. Reel mowers last considerably longer.

#### Vibration

Rotary mowers can be damaged by vibration. Chief cause is out of balance blade. Put screwdriver or rod through centre hole to test for balance. If blade swings down that end is heavy. Rectify it. Both ends must also be sharpened evenly.

#### Other Problems

**Fault.** Engine starts and runs smoothly until you push it into the grass, then it stalls and is difficult to restart.

**Cause.** Probably nothing wrong — just not powerful enough. A 1½ H.P. engine cuts up to 3 cm (1½ in) smoothly. Grass packed under the mower can cause overload conditions. Solution: clean it but first remove the spark plug wire.

**Fault.** Engine misses.

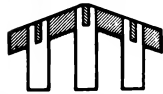


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**Probable Causes.** Incorrect spark plug gap. Regap to .020 in. Loose connection in ignition wire. Tighten. Incorrect carburettor adjustment. Reset. Faulty choke. Check and reset. Water in fuel. Drain and refill. Poor spark. Check ignition system. Points worn or pitted. Replace.

**Fault.** Engine runs rough.

**Probable Causes.** Dirt, water, gum in fuel system. Disassemble and clean. Low grade fuel. Drain and use better grade. Spark plug too hot. Switch to colder plug. Inlet valve sticking (four stroke). Free up.

**Fault.** Engine knocks.

**Probable Causes.** Low octane fuel. Drain and use better grade. Heavy load on engine and operating at low speed. Increase engine speed if possible. Carbon or lead deposits in cylinder. Clean. Spark too far advanced. Retime ignition. Connecting rod bearing loose or burnt out. Tighten or replace. Piston pin loose or worn. Replace. Loose flywheel. Tighten. Lack of oil. Sack operator.

**Fault.** Engine overheats.

**Probable Causes.** Oil low in crankcase. Replenish. Carburettor adjustment too lean. Reset. Low grade fuel. Use better grade. Restricted air circulation around engine. Clean fins and associated areas. Dirty crankcase oil or wrong grade. Drain and refill with S.A.E. 20 or 30. Engine operating under heavy load at low speed. Increase speed. Exhaust ports restricted (two stroke). Clean. Incorrect ignition timing. Retime.

### REMINDERS

- Crankcase oil should be changed after 25 hours running.
- Don't forget periodic checks. Spark plugs should be renewed at 100 hours. Check air cleaner after 25 hours operation.
- Mufflers can become restricted and affect the engine power. To check remove muffler and run water into the open end. If a full stream of water comes out the small holes in the end you will know it is not clogged up. If the water runs very slowly replace the muffler.
- Don't fill the fuel tank while the engine is running. Spilt fuel on a hot engine could give your local hospital a case it doesn't really need.
- Don't forget exhaust gases contain carbon monoxide which is odourless and poisonous. Beware of using motors in confined spaces.

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# POETS

### POETS NEWSLETTER

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# RAG RUGS

It may be surprising to learn that the craft of making rugs is over 200 years old, and that those made during the nineteenth century and in the early years of this century are now regarded as works of art, being seriously sought after and collected. Interesting too, that rags were regarded as being fairly valuable commodities; fabrics were not consumed in the modern sense and then discarded when their original function was outgrown or when fashion simply dictated newer fabrics and more interesting designs, as has become the case in our own society. After a period of affluence during which consumerism ran away with itself in the 1960s and the rubbish dumps of the world grew rich with valuable materials, we are now in a period of re-evaluation with a new practical appreciation of the importance of using our basic resources to best advantage, recycling as many materials as possible to extend their life and practical usefulness.

Many of our mothers and grandmothers will remember having to 'make do and mend' when fabrics and clothing were in short supply during times of war or depression, stretching the life of materials by finding a variety of ingenious uses until the fibres literally disintegrated. Often their last lease of life was in the form of rag rugs. It was not unusual for a rag rug to be assembled by the family over the dark winter months for display in the front parlour after the annual spring cleaning. And each successive year it would be replaced, the old rug working its way over the years through all the rooms of the house in their order of importance.

Rag rugs are still a viable medium for using up the many scraps of fabric that accumulate around a home. In this and the following issue we will present a variety of methods of rag rugmaking so you can select a suitable one and set to during the winter months to create your own family heirloom.

## Inexpensive Knitted Rugs

by Jan South, St Arnaud, Vic.

Lolo Houbein's story of *Hooked Rag Rugs* (GR 45) has inspired me to tell you about my rag rugs. It has always been my ambition to weave rag rugs on a loom. I live in an isolated farming community and this ambition has been difficult to fulfil. No one in our area seems to know anything about weaving. Our local spinning group has done quite a bit of off-loom weaving, and that has been fun. By chance I started knitting my rags and this has been very successful.

I began by cutting any knit material into 1 cm (½ in) strips and winding them into balls. This included summerweight jumpers, T-shirts, singlets and nighties. The thicker material was cut less than 1 cm (½ in) in width, and the thinner material was cut a little wider. I have done a stretch sewing course, so I used all my useless leftover bits and pieces. I sew the ends of the strips together by machine.

To make a floor rug I used No. 1 knitting needles, cast on forty stitches and knitted garter stitch until the strip measured 135 cm (54 in) long. I made four pieces the same way, and crocheted them together to make a fireside rug measuring 187 x 135 cm (75 x 54 in). This multi-coloured rug looks great, but even better I can wash it in my machine and dry it over a large table on the verandah. And fellow thrifty souls — *it didn't cost a cent!*

I am saving rags now, to make an even better rug. This time I will use wooden needles 16 mm (⅝ in) in diameter, and I will use a thread of dark coloured thickly spun wool with the rag strips. The rug will be thicker, last longer, and will have a more unified appearance. This would be a good project to utilise recycled wool.

I have two floor rugs in progress at present — the first a luxury white one for the bedroom. I have cut up old underwear, shirts, slippers and so on. Cream woollen longjohns are real treasures. This is being knitted on thick wooden



needles with white homespun wool. Strands of washed white fleece wool are being added for a contrast of texture.

The other rug is made out of laddered pantihose. Luckily we have a nurse in the family, and she supplies us with lots of pantihose. This rug uses a large amount of material, but is well worth doing. To make the yarn, cut the waistbands and gussets from the hose then slit the legs top to bottom. Sew the legs together in a continuous strip. Cut the leg strips into four equal width strips, and roll the yarn into a ball. Now the hose is ready to knit. I am using 16 mm (⅝ in) needles, sixty stitches, knitting in garter stitch, using brown homespun with the pantihose. The rug will take quite a while to complete, but it will be well worth the effort.

The same idea is great for bathmats. They are made in the same way, but I add a thread of knitting cotton to the rags to provide added strength. My bath is green, so I use a green cotton and this helps with colour co-ordination. Bathmats do not require many rags and are quick to knit.

Nowadays, when everything is so expensive, it gives me great pleasure to make something for nothing.

# Save those Rags

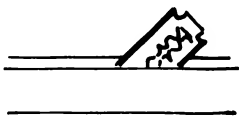
## Part I

by Amy Gifford, Tasmania.

I do not know exactly when my family began rugging but certainly five generations ago they were making warm beautiful rag rugs. I can remember crying when my mother put a factory rug in front of the parlour fireplace instead of my beloved many-coloured shaggy old friend — at five years of age one hates changes! Now my own grandchildren love to sit on my hearthrug and say the names of the old pub-signs which form its pattern; they learn their colours from it, too, and Gran does not scold if they drop a few crumbs, rag rugs shake out so easily.

Whatever the material used for the rag rug, it must first be unpicked as necessary, and thoroughly washed in hot soapy water to remove loose dye and take up any shrinkage. The materials should be rinsed well, thoroughly dried and aired, and then pressed before they are cut. This is absolutely the first commandment when making rag rugs; it would indeed be heartbreaking to put hours of loving care into designing and making a rug only to have it go into weird shapes or run colour patches at the first cleaning. Materials should be sorted as to content, that is woollens, cottons, nylons, blends, etc. Then sort the colours, to find if it is necessary to dye any for the design planned, since this should be done before cutting. Do not mix wool with other fabrics in a rug, it just does not work. The greatest care is needed in colour planning a rug; colours interact in unexpected ways sometimes — a thing can look good on the lap while working, but lay it on the floor and one part will leap up and scream. So do go gently; I have found it worthwhile to actually lay handfuls of colourpieces on the floor roughly where they will go in my pattern, should I not be quite sure of a combination — it is easier to make an accurate judgement this way.

To cut, lay out on a firm flat surface, and use very sharp scissors, or pull the cloth through a cuttingboard. This can be made by slotting either a knifeblade or a razorblade into a block of wood at an angle, with a strip along one side for a guide. It takes a bit of practice to use the cuttingboard, as the strips must be even and run with the grain of the material, so the edge-guide is needed for good results, as well as a steady hand.



Coats, winter skirts and jackets or similar fabrics should not be cut less than 6 to 9 mm ( $\frac{1}{4}$ – $\frac{3}{8}$  in) wide, and do not use loosely woven materials for this type of rug as they could fall to pieces as you weave. Menswear is good, and so are tweeds of the close-woven type. Also I gleefully pounce on any old-fashioned facecloth or wool melange! It means providing quite an amount of storage space, since one cannot bear to throw out valuable cloth — there is always the next rug to consider. Also, it sometimes takes quite a while to gather enough of the right weight, colour, and texture. My family say 'Better hide that from Gran — she will want it for rug fodder.' One does occasionally glance somewhat hopefully at a soon-to-be outgrown skirt or pair of school pants!

It is convenient to roll the strips into balls for storage until needed. I generally put the balls into plastic bags so that I can see at a glance what is available.

Design is a fascinating thing, and the type of material used will be to some extent a guiding feature — thicker strips will need simpler patterns than thin strips. The thicker strips of woollen material can be combined in bands with lines of rya knots (usually the Ghiordes knot — see figure 1 for method) in unravelled wool to make a most interesting rug. Or the main weaving can be done in muted shades and rya knots used to point up a definite shape on this background. It is really a matter of experimenting to find what pleases you best.

The actual weaving is not much different from the conventional type — one can follow a pattern, switch colours, use raised effects and so on, just as desired. Maybe weaving is so familiar that you would like to try something different? There are so many ways to use rags. For years I have been trying various methods, some traditional, some new, but all using recycled materials or wastes from dressmaking which are not suitable for quilting. Let us look at a few from which to choose.

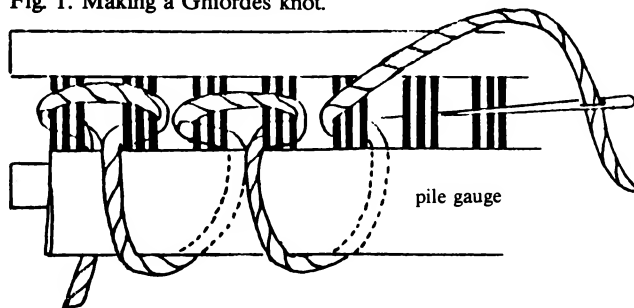
### PEGGED RUGS

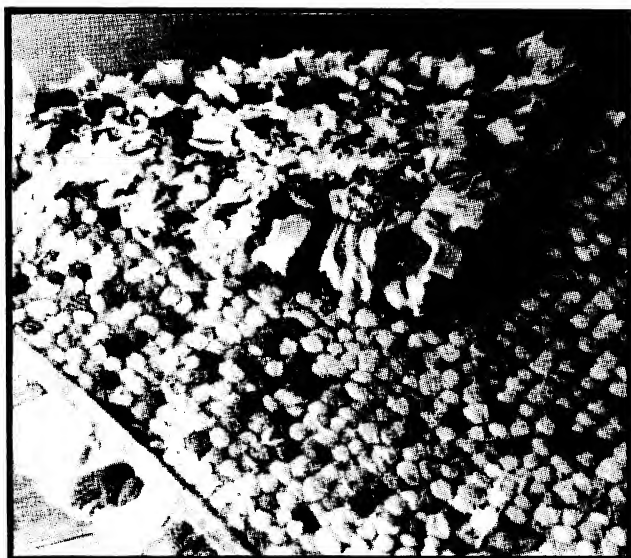
For these you need sugarbag, potato sack, or hessian by-the-yard if a large rug is wanted. Half an old-style wooden dollypeg makes the best tool (called a prodder). Shape the end to a neat point, but not a sharp one since it is used to part the foundation strands, not to cut them. Be sure that it is very well sanded and as smooth as silk before starting to work with it. I suppose that half a wooden springclip peg could be used if no dollypegs can be found, but it will not be as comfortable in the hand.



First, it is necessary to wash the sacking in hot soapy water, rinse thoroughly, dry by laying flat on boards or pegging along both selvages evenly. If you plan to use all-wool rags, either handknit or factorymade, take care that they are all felted. Turn under the raw edges of the sacking about half an inch and sew down, using a thread of the sacking as a guide so that the edge is straight. It will be a help if you mark the main outline of your pattern with a pencil on the foundation. This needs to be simple for pegging; we can save

Fig. 1. Making a Ghiordes knot.





A pegged rug made by the author photographed wrong side up with the shaggy pile of the right side turned back for viewing.

finer details for other techniques. Once the design is ready, you will know the colours needed and can begin to cut, either with scissors or cuttingboard. You need pieces 50 x 13 mm (2 x ½ in) in size so start by chalking along a straightedge on the grain of your materials, and cut strips 50 mm (2 in) wide, as long as possible, then cut the 13 mm (½ in) sections from these.

To peg, you can work on your lap, or some folks prefer to tack their sacking on a frame — this needs care, as it is just too easy to get the foundation crooked which in turn will ruin the rug. I prefer to work on my lap, with a small table in front of me to take the weight of the finished part as the rug grows. The first row of pegging will go through the double edge, so it is a little harder to do than the rest. Count in four threads from the fold, and four threads from the selvedge for your starting-point. Gently part the threads with the prod, pushing it well through so that it is easy to then lay the end of a piece of your cut materials (called a 'clip' in this work) over the resulting hole, poke it through with a prod, grip it with your other hand from underneath and pull down about half its length. Three threads away along the same line again peg a hole, and pull through the other end of this same clip as before. The underside is the right side of the rug, so check at intervals to see that you are keeping the pile even; it is simple to adjust as you go along if necessary. Leave four threads between clips, and about four or five threads between the lines of clips. You may wish to put in another colour to run at an angle; this can be plotted on squared paper.

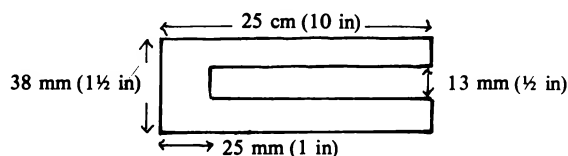
Should the rug seem to be working up too close a pile, leave an extra thread between clips and between lines. If you want to make it thicker, put your clips and lines nearer together. Since materials differ so much in thickness, only by practice will you learn the best spacings. You can also peg with longer clips if you want to make a deeper shaggy pile, but it is best not to use wider than 13 mm (½ in) clips. Remember that if the rug goes into use in a heavy traffic area a very long pile will not be serviceable. In any event I advise against using clips longer than 100 x 13 mm (4 x ½ in). It is not necessary to back your pegged rugs, but the edges will be better if you do a close blanketstitch on them, or narrowly bind them, or make a

plait to stitch around them. The pile can be trimmed to an even height if you wish.

## STITCHED RUGS

I use this method mostly for rugs which are to be used in the bathroom/toilet/laundry areas, as they are very hardwearing, easily washed, and quickly replaced when needed. You will need washed sacking as before for the foundation. As for the actual pile materials, the best of all, in my view, are wincey, flannelette or brushed cotton. Any old winter nightgowns and pyjamas are ideal, or winter sheets that are too worn for use on the beds. Unpick and wash as before, and then tear, do not cut the strips; just nick the edge and the stuff should rip easily. You will need to make them 13-19 mm (½-¾ in) wide, and as long as possible.

Then make a pile gauge, which is just a 25 cm (10 in) piece of stiff card, with a sewing slit down its centre. Make it about 38 mm (1 ½ in) wide, the slit is 13 mm (½ in), the closed end 25 mm (1 in) deep. If you're handy with a saw, you could perhaps make one of thin plywood which will last longer. Take care that all edges are well sanded, however, or you will have problems!



Now set up your sewing machine with strong cotton and not too fine a stitch. I cannot recommend a setting number because my ancient handwinder does not have such things; I just wind back the screw to not quite the coarsest stitch. Take your gauge, and, starting at the open end, wind the material (not too tightly) in a spiral around the whole gauge (not just one arm of it) and down to the closed end, overlapping a little bit on each turn. Lay the open end of the wound gauge with its side against the short edge of your sacking and its end 13 mm (½ in) from the top of the selvedge. Sew down the middle of the slit to within 13 mm (½ in) of the closed end of the gauge. Then pull this closed end (first raising your presserfoot, with the needle down), sliding it out of the sewn down strip — not all the way out, leaving about 25 mm (1 in) still in — lower the foot and then carry on winding your gauge as before. One sews, pulls, winds, and sews again, until the work reaches 13 mm (½ in) from the lower edge of the foundation. Then cut your strip, pull the gauge right out and start again, folding the pile of your first line to the left, out of the way, so that you can stitch your second line about 13 mm (½ in) from the first. The quickest way is to brush the pile over with the side of your hand; the knack of this method comes very easily. Sometimes I bind the edges of these service area rugs with strips of the materials, which gives a neat finish, or a plait can be made to sew around the edges.

Part II next issue will show you further ways to use those old rags in making decorative rugs — by braiding, patchwork or crochet methods.

Reprinted from *The Australian Hand Weaver and Spinner*, Vol XXXI, No. 2, Autumn 1978, quarterly journal of The Hand Weavers and Spinners Guild of NSW, GPO Box 67, Sydney 2001.

# BUYER'S GUIDE

## Selecting the Healthiest Foods

### Part II

You want to buy and serve healthy food, but how can you be sure of the quality? Last issue Part I of the buyer's guide dealt with the importance of checking for freshness and reading the label to find out exactly what you are paying for.

Apart from the major ingredients of processed and packaged foods, there are a variety of hidden 'extras' and additives to be wary of when you're shopping. The following steps will guide you in choosing the best.

#### ADDED SALT, SUGAR OR FAT

Be alert for added salt, sugar or fat, remembering that vegetable oil, vegetable fat or animal fat are all just one form or other of fat.

##### Salt

Salt is added to so many processed foods that it is almost a universal additive. If it has been added, it should be on the label, so all we need do is *read the label*. Because of the dangers associated with salt, many manufacturers leave it out or at least add less. Search the label for 'salt-free', 'no added salt' or 'low salt' products.

**Vegemite, Marmite, Promite, Miso and Similar** These are the saltiest of all food items. As salt is the basis of their flavour don't waste your time looking for salt-free versions, but do use as little of them as will satisfy your taste.

**Canned foods** Many of these have added salt and even those that are less processed, such as nut meats, soya beans and kidney beans, nearly always contain added salt. If nothing else is added besides a little salt the food may be quite wholesome.

**Peanut Butter** Normally salted, but unsalted is readily available in health food stores.

**Nuts** We strongly suggest that you always select unsalted nuts.

**Bread** Nearly all brands contain salt, but low-salt and salt-free varieties can be found.

**Tamari and Soy Sauce** These are very salty — use as little as you need for flavour. Low-salt brands may be available.

**Mineral Waters** Salt is not added to these, but they do contain sodium naturally which is the more harmful ingredient of salt. The label should state the amounts of the various minerals present. We suggest that you look for brands where the salt level is well below 100 mg per litre, and for those on sodium-restricted diets, the American Heart Association recommended maximum is 20 mg per litre.

**Confectionery** Surprisingly, many caramels, toffees and the like often contain salt. Watch the label.

**Processed Meats** Remember that these usually contain a lot of salt. Examples are hamburgers, corned beef, ham, bacon, sausages, devon and frankfurters.

##### Added Sugar

Sugar is added to so many processed foods in cans, packets, and bottles — quite apart from the obviously sweet cakes and confectionery — that Australians are consuming far more sugar than they realise. Distinction should be made between

added sugar and sugar occurring naturally in the food. The natural sugar is balanced in nature's way with other nutrients, but the refined sugar is totally unbalanced. Refined sugar is listed on the label as 'sugar', or as 'raw sugar' which is nutritionally not much better than white sugar. The more acceptable 'black sugar' is not used in food processing.

The range of processed foods with added sugar is enormous and includes such unexpected items as tomato sauce (over 20 percent), sliced beetroot, French salad dressing, mayonnaise, and most baby foods. Yoghurt, even non-fat, contains added sugar, ranging from 4 percent to 20 percent. Soft drinks are usually around 10 percent sugar (very often added), whilst breakfast cereals may be anywhere between 2 percent and about 50 percent. Even health food store items may contain added sugar, though usually much less than supermarket items. **Canned Meat Substitutes** Watch for 'caramel' in the ingredients which is a form of sugar.

**Peanut Butter** Watch for the occasional brand with sugar. **Muesli** Look for unsweetened.

**Bran** Processed bran usually contains added sugar.

**Dried fruits** Most are usually free of added sugar (having plenty of their own natural sugar), but the following are exceptions — dried pineapple, dried pawpaw (we are not certain of this), crystallised ginger and dates if in a sticky syrup. Note that the white crust on dried figs is natural sugar, deposited during drying.

**Bread** If sugar is an ingredient in bread, we understand that it is only there to activate the yeast and the quantity will be insignificant.

**Fruit Juices** By law, the name on the container gives us significant information. If the label says 'apple juice', 'orange juice', 'mango juice' etc, then the juice may contain up to 4 percent added sugar and any of three preservatives in limited quantities, but no others. The permitted preservatives are sulphur dioxide, benzoic acid or sorbic acid. If there is more than 4 percent added sugar, it must be called 'sweetened'. If the juice has been concentrated it must be labelled as such. **Soya Milk** If lactose or malt have been added, these are added sugar but of a different kind to sucrose.

**Yoghurt** Look for unsweetened.

**Soy Sauce, Promite** These may contain caramel.

**Confectionery** Their sweetness reflects their usually very high sugar content. Dried fruit is the best source of sweetness and honey is quite acceptable. Health food stores often have for sale unsweetened carob bars, which you can sweeten by eating with dried fruit.

##### Fat or Oil

Apart from fried foods, pastries, fatty meats, butter, cream, vegetable oil and margarine, a lot of packaged foods contain added fat or oil. Again, it's just a matter of reading the label.



'Hydrogenated' vegetable oil is best avoided because hydrogenation destroys some of the essential fatty acids. If using milk products, skim milk would be preferable. As a general rule look for products that are low-fat or without added fat or oil.

### COOKED OR OTHERWISE HEATED

Uncooked or raw foods are nutritionally superior, except that legumes and grains contain digestion inhibitors which make them difficult to digest if uncooked. Cooking partially destroys the inhibitors and therefore improves digestibility. To a lesser extent the same applies to seeds and nuts. When foods are cooked, it is very important how they are cooked. Deep-frying is most undesirable, whilst steaming, waterless cooking, or low-temperature dry roasting (baking) are preferable. In general there is a strong preference for uncooked foods unless taste or digestibility require otherwise.

### Specific Products

**Peanuts, Peanut Butter** Better if peanuts are lightly roasted rather than raw. Remember that salted roasted peanuts have been fried in oil, unless dry roasted.

**Soya Beans and other Legumes** Soya beans are indigestible when raw and need to be cooked (or sprouted). Other legumes are similar.

**Cereal Grains, Muesli** The starchy grains are also difficult to digest when raw and need to be cooked in some way. Raw muesli is preferable to roasted because the oats are not actually raw but have been steamed in the rolling process.

**Honey** Normally honey is heated so that it will filter more effectively, but unfortunately heat destroys enzymes and other nutrients. Many health food stores now have available

honey labelled 'raw', 'unheated' or 'unfiltered', which all mean the same thing.

**Fruit and Vegetable Juices** All juices in bottles, cans and packets have been pasteurised to destroy bacteria. This is probably unavoidable.

**Soya Milk** Check that the soya beans have been roasted during manufacture for digestibility. If the label does not say 'roasted soya beans', phone the manufacturer and ask.

**Yoghurt** As all cows' milk has been pasteurised, look for goats' milk products which may be unpasteurised.

**Cooked Canned Foods** These foods are usually cooked and sealed in the can and, provided the temperature is not high, this is generally a superior way of cooking.

### SPECIAL TREATMENT PROCESSES

Be aware that some foods undergo treatments which are not necessary and at times not beneficial. The unnecessary sulphuring of dried fruit, such as raisins, sultanas, apricots, peaches, and some others, is done purely for the sake of colour and can be avoided by accepting dark-coloured fruit. Ask for 'unsulphured' or 'natural' raisins, sultanas, etc.

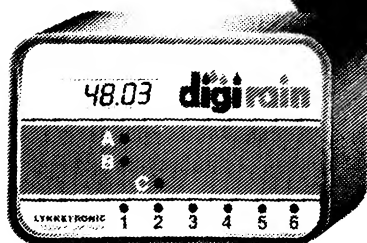
Dandelion coffee which has to be brewed is less processed than instant dandelion coffee. Unfiltered fruit juices are in a slightly more natural state than others. One brand of unfiltered apple juice is 'Vince Russell's Natural Apple Juice — Unfiltered'. It has a cloudy appearance.

This series concludes next issue.

Reprinted from *Natural Health*, March 1986, the magazine of the Natural Health Society of Australia Ltd, 200 Goulburn St, Darlinghurst 2010.

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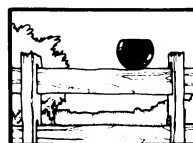


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# WILLOW

## A Multi-purpose Tree

### PART I

by Paul Dann, Canberra, ACT.

Willows are members of the genus *Salix*, of which there are some 300 species, belonging to the family Salicaceae. They are not indigenous to Australia, and the more useful types of willows have come mainly from Asia and Europe.

A number of willow species possess valuable characteristics which have not been greatly exploited in Australia. In overseas countries, willows are used for timber, fuel, stream bank protection, bee forage, fodder, fencing, shade and shelter, basket making, utilisation of wet areas, and as an aesthetic component in landscaping.

Although many types of willows prefer moist soils, they can often handle drier situations; some species and varieties appear better adapted than others in this respect. With adequate soil moisture and fertility, very rapid growth rates can be obtained: the common 'crack' willow, for example, can achieve a height of 15 m (49 ft), a crown width of about 8 m (26 ft), and a trunk diameter, at breast height, of some 80 cm (2 ft 6 in) in 12 years under good conditions.

Willows, which are generally deciduous, are characterised by the presence of the substance salicin in the bark and leaves. This used to be extracted for the manufacture of the analgesic salicylic acid. When present in relatively large amounts, salicin leads to sufficient bitterness to make the plant unpalatable to browsing animals. Some willow species have this characteristic.

Willows are dioecious, that is, the male and female flowers occur on different trees. In their native habitats each species is represented by trees of each sex, but as willows are generally introduced as cuttings, the sex of the introduced species depends on the sex of the randomly selected tree from which the cuttings were taken.

A characteristic of many willows is the ability of cuttings to form roots and shoots readily after planting, hence willows are easily propagated. However, sexual reproduction occurs when trees of both sexes are present. Seed is very small, covered with tufts of silky hair to aid dispersal by wind, viable for only a few days, and germinates within 24 hours of lodging on a moist surface.

### TYPES OF WILLOWS

There are three major types of willows: tree willows, osiers (basket willows) and sallows (shrub willows).

#### Tree Willows

Growing as trees or large shrubs, they have lance-shaped to elliptic leaves, which may be silky or hairless, and with toothed margins. Catkins (the cylindrical flower heads) appear with the leaves in late spring.

The weeping willow with its widespread crown and long slender drooping branches is common in New South Wales. A native of China, *S. babylonica* was once wrongly thought to have originated near Babylon. The weeping willow in New South Wales produces leaves some three weeks earlier, and retains its leaves longer, than do other willows. In New South



Weeping willow (*S. babylonica*) front, 'crack' or white willow (*S. alba* or *S. fragilis* or hybrid) back.

Wales weeping willows occur as female trees.

A common group of willows in New South Wales has a more erect growth form than that of the weeping willow. The most frequent pure species in this group appears to be white willow, *Salix alba*. White willow rarely exceeds 12 m (39 ft) in height, and has glossy yellow to red-brown twigs and long leaves with finely toothed margins. Golden willow, *S. alba* var. *vitellina*, has yellow, smaller branches and twigs, with outer branches tending to droop to give a semi-weeping habit.

Within this group of erect willows are types resembling the crack willow, *Salix fragilis*, though this species may not occur as a pure form in New South Wales, but rather as hybrids with white willow. The tree commonly called crack willow grows to about 20 m (65 ft 6 in), with dark brown twigs which snap easily at the base with an audible crack. The leaves are long, with margins more coarsely toothed than in white willow.

A common willow in horticulture is the tortured willow, *Salix matsudana* 'Tortuosa' with its strikingly contorted and twisted branches. The Chilean willow, *Salix humboldtiana*, characterised by its cylindrical, Lombardy poplar-like growth,

occurs in various parts of New South Wales but appears unable to tolerate the colder tablelands.

Hybrids between weeping willows and other tree willows are known to occur, and in New South Wales the growth habits of various trees which appear to be partly upright and partly pendulous suggest that hybridisation may be occurring. In New Zealand, a breeding program has produced a range of *Salix matsudana* x *S. alba* hybrids, and some of this material has been imported into Australia.

### Osiers or Basket Willows

These are medium-sized shrubs with leaves three to ten times longer than wide, usually with a smooth or irregularly toothed margin. The catkins appear two or three weeks before the leaves in spring. In Europe and England, willows for basket making are grown in specially established and cultivated beds and harvested annually.

There are a number of osier species. The common osier is *Salix viminalis*, widely used in New Zealand for stream bank protection although its seeding habit has led to some problems. The common osier has leaves ten or more times longer than wide with almost parallel sides, dark green above and with a short grey-white down underneath. Another species is *S. purpurea*, easily recognised because of its unique (for *Salix*) opposite or nearly opposite leaves. The high salicin content of *S. purpurea* gives it a very bitter taste, and hence the species may be relatively unpalatable to browsing animals.

### Shrub Willows or Sallows

Low shrubs to small trees, they have multiple stems and stout branches. The leaves, generally no more than two or three times longer than wide, are oval to roundish, sometimes with coarsely toothed margins, and hairy. Appearing well before the leaves, the catkins are large and fluffy.

The common pussy willow, *Salix cinerea*, is widely distributed in New South Wales. Its showy, silvery male catkins make it an attractive ornamental plant in spring, growing in a multi-stemmed habit to about 9 m (29 ft 6 in).

### PROPAGATION AND ESTABLISHMENT

Willows are generally one of the easiest trees to propagate, as poles and cuttings root freely when placed in moist soil. In suitably moist areas 'instant' trees can be obtained by driving willow poles into the soil during winter. If the poles are two to three metres long, much of the resultant shoot growth can be beyond the reach of browsing animals. However, larger animals like cattle may dislodge the poles before they become firmly rooted and damage may result from animals stripping bark from the poles. Protection from this can be obtained by a wrapping of rabbit netting or similar material for several years; sawmill log offcuts have also been used for this purpose.

However, adequate soil moisture during the first summer after setting willow poles into the soil is necessary for successful establishment. Survival rate in pole establishment may be improved by standing the poles in water for several weeks before use, to promote earlier root initiation. For situations where soil moisture stress is likely to occur in summer, survival should be improved by using rooted cuttings or poles. The Agronomy Research Unit at Canberra produces such material easily by inserting cuttings about 50

cm (1 ft 8 in) long, stripped of leaves and side branches, into sandy nursery soil in early to mid-summer, and watering freely. By the end of autumn, such cuttings have developed an extensive root system and shoots 2 to 3 m (6-10 ft) long.

Normal paddock plantings for shade, aesthetic improvement, and opportunistic fodder lopping can be made on an ad hoc or systematic basis along water courses, drainage lines, and in low-lying areas. For such plantings, tree spacings of 8 to 10 m (26-33 ft) are appropriate; pastures, particularly during winter and spring, can grow satisfactorily between the trees at this spacing.

Although willows are usually associated with obviously moister soils such as along watercourses, and it is patently unwise to plant willows on, say, the tops of stony arid hills, it is quite possible that they can be established in paddock situations away from drainage lines. *Salix matsudana* is said to grow well in its native habitat of North China under quite arid conditions; whether some of the new *S. alba* x *S. matsudana* hybrids have inherited this characteristic remains to be seen.

For windbreaks in horticultural areas, 1 to 2 m (3-6 ft) spacings between plants are appropriate. Close spacing of thickets to be coppiced for fodder production can also be considered.

Part II next issue describes efficient management techniques and the many uses of this versatile tree.

## GARDENING BOOKS

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# SQUABBING PIGEONS

by Leigh & Lea Edwards, Stawell, Vic.

Do you own a piece of land that is too small to raise more than one or two sheep, goats, cows or horses? Is your soil unsuitable for cropping or market gardening? Are you looking for a new hobby, part-time extra income, or a viable commercial enterprise? If your answer to any of these questions is 'yes', you may be interested in looking into squabbing pigeons.

Raising squab is no get-rich-quick scheme. (Are there any genuine ones?) It requires a certain amount of time and money — depending on how big you want to grow and how fast you want to get there. Read on and see whether raising squab is for you.

Squab are young table pigeons 4-5 weeks old. They have usually never been out of the nest, and are fed only on pigeon milk, which is formed in the crops of both parents. Because of this method of feeding, artificial incubation and brooding are not viable.

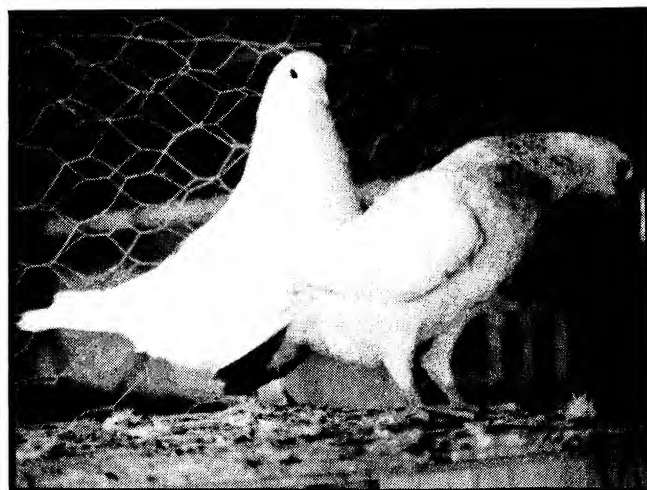
Pigeons grown for the table are much larger than homing pigeons. Because of their size and weight they much prefer walking to flying, though they can fly short distances. If the pen door is left open, escapees can usually be herded back in without much trouble. The main breeds are White King, Red Carneau, Mondain, or crosses of the above. There is a great variety of colour combinations available.

## REQUIREMENTS

### Housing

The first requirement is somewhere to house your birds. They need dry quarters with good ventilation and plenty of sunshine. They can have a wire flight area and enclosed nesting area, or simply a wire fronted house. A total floor area of 0.4 square metres (4½ sq ft) per pair is adequate, and each pen should house 25-30 pairs of breeders. Floors should be well drained, or a concrete or raised wooden floor provided.

The hen starts laying again before the squab are ready to leave the nest, while the cock continues feeding the squab until they are ready for marketing. Double nests with a central divider are therefore provided, but the birds don't always read the textbooks and may lay anywhere. Watch where you're walking or you may break some eggs. It's not unusual to find



A White King adult and 4 week old King/squabbing Homer cross.

young birds and eggs in the one nest.

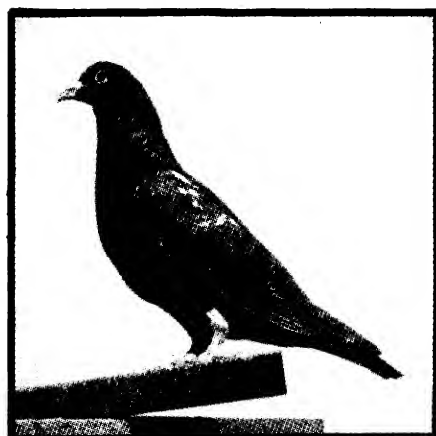
### Feeding

Pigeons may be fed on pellets or grains. They have a dietary crude protein requirement of about 17 percent, so if feeding grains use the table below to help you decide which combination of grains to provide, depending on price and availability in your area.

Protein content of commonly fed grains.

Grain	% Protein
maize	10
millet	11
oats	11
peas	23
rape	19
sorghum	10
soybeans	38
vetch	27
wheat	11

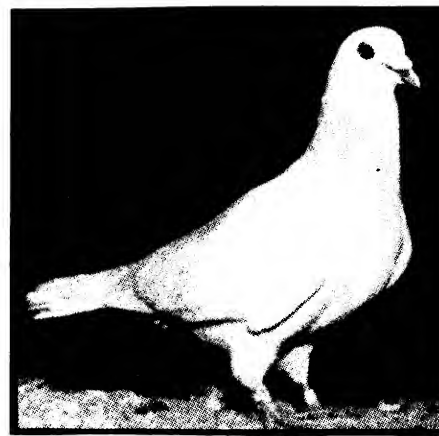
Self-feeders are labour saving, but also promote waste and attract mice. Birds may be given twice daily enough food



Red Carneau male.



White Mondain male.



White King female.



to be eaten in half an hour. Shell grit containing a vitamin and mineral mix should also be given. Water good enough for human consumption should always be available, and automatic waterers make this task easier. These should preferably be outside the cage area, with holes in the wire for the birds to put their heads through, to prevent fouling of the water. They enjoy a dish of water for a bath in any weather. The dish should be removed after all birds have finished bathing.

### BREEDING

Pigeons may be mated from the age of 6 months. Some females may breed for up to 10 years and males for 5 years. Apart from seeing the birds mating or seeing who lays the eggs, it is difficult to tell the sex of birds. The female is usually smaller and finer around the head. Birds will select their own partners, usually for life, or can be force mated by placing them in enclosed nest boxes for several days. Mated pairs can be identified with numbered leg bands.

The incubation period of pigeon eggs is 18 days. Usually 2 eggs are laid 2 days apart. If one squab dies another one of about the same age can replace it, allowing the pair without squab to begin laying again. A good sized bird at 4 weeks can weigh up to 750 g (1½ lb).

### POSSIBLE PROBLEMS

The only disease that troubled our birds in the early days was canker, which appears to be due to stress or damp conditions. It is a cheesy like growth in the mouth and throat, seen mainly in young squab 1-2 weeks old, and causes death by starvation. Treatment with Emtryl (available from pet shops, vets or stock feed merchants) in the drinking water is effective — also useful for prevention.

Other diseases that could be a problem include:

- paratyphoid, which is transmitted through the egg and can infect birds of all ages. Main symptoms are swollen leg and wing joints, weight loss and slow growth. Treatment is available, but it is probably best to cull diseased birds.
- pox, where scabby warts appear on the head and legs and sometimes throat. There is a preventative vaccine, or birds may be treated with antibiotics and vitamins.
- chronic respiratory disease, treatable with Tylosin and antibiotics.
- coccidiosis, a protozoan disease in which the birds seem feverish, thirsty and listless. Sulphaquinoxaline and Amprolium may be used.
- the herpes virus, related to the Mareks virus in poultry, causing one-eyed cold, spots in the throat and hepatitis. Vaccination is the only preventative measure.

A container 10 cm (4 in) or more deep for the birds to bathe in, supplied at least weekly will help keep external parasites to a minimum. The birds love it in any weather. Remove soiled water when all birds have bathed. Using pine needles for nesting materials seems to help keep parasites away, as does painting creosote on the nestboxes and woodwork. External parasites are the same as those that trouble chooks — lice, mite and sometimes ticks. Dusts and sprays are available for treatment, but be sure to use those suitable for birds.

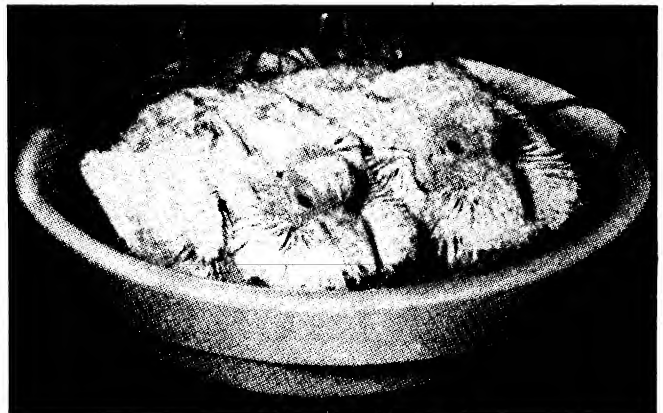
Internal parasites include large roundworm and hairworm. ICI Nilverm in the drinking water will control them.

Well-managed adult pigeons rarely become ill. Avoiding stress due to dampness and overcrowding, and keeping cages comparatively clean is the best way to keep a healthy flock. Supplementing their diet with a vitamin mix is often helpful, and should increase flock fertility too.

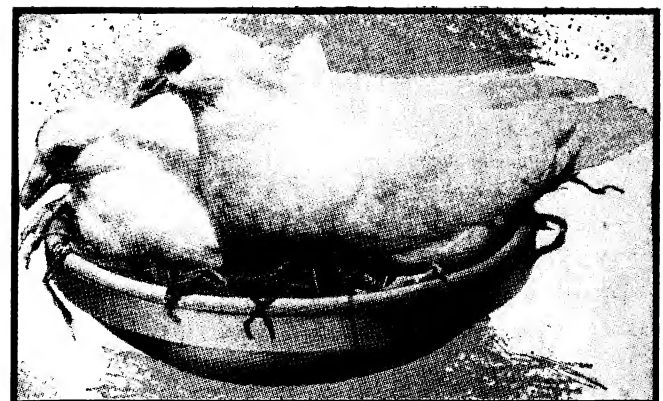
It's now almost 2 years since we bought our first squabbing pigeons, and we're now selling them through a processor. They are much quieter and cleaner than chooks, and are very handsome birds. Demand in Australia far outweighs the supply. Would you like to help meet this demand? Any enquiries are welcome to Leigh and Lea Edwards, PO Box 330, Stawell 3380. Ph: 053-562-277.



Squabs 48 hours old.



Squabs 2 weeks old.



Squabs at 4 weeks.

### Further Reading:

*A Useful Bird*, GR 27, p. 66.

*Raising Squabs*, GR 27, p. 68.

# TODDLER'S COTTON COVER-UP

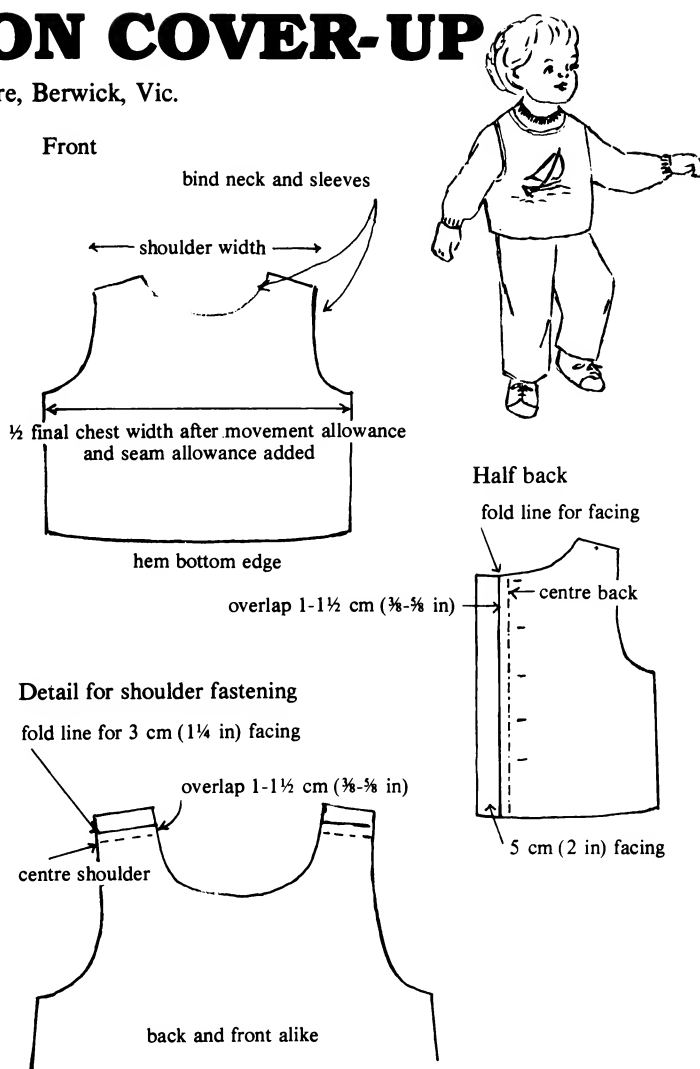
by Elsie Hoare, Berwick, Vic.

When our son was a little toddler he hated wearing aprons or smocks, and being a thorough little grub, his precious hand knitted woollies were forever in the wash. One day in sheer desperation I slipped a sleeveless cotton top over his head. It was a couple of sizes too big, navy blue poplin, applied on the front with a racy looking red and white sailing boat. Since it had no sleeves to restrict his movements, and hung only as far as his hips he saw it as no threat to his masculinity and accepted it happily. Voila! I set to work and made up several more from leftover scraps, embroidering or painting designs on the front at his request. Without having an obvious apron look, these little tops kept his jumpers clean, and when made in colours to complement his trousers or jeans were respectable enough to go out in, yet they could be thrown into the washing machine with everything else and presented no laundry problem.

Unfortunately they didn't protect the sleeves of his jumpers, but who says you must wash the whole jumper when only the sleeves are dirty? I used to tuck the clean part of his garment under my arm and swish the grubby sleeve around in a little warm sudsy water, working gently at the really dirty bits with my fingers, then rinse in the same way. After squeezing the wet sleeve dry with a towel I would hang the jumper in an airy place (not in front of a heater) and leave it to dry, which I found it did very quickly — usually by the next day.

These little tops look great when made in fleecy lined cotton tartan, and are equally suitable for little girls.

If you don't have a pattern, it is not too difficult to make one. Just measure your little one around the chest over a jumper. Add at least 10 cm for easy movement. Measure across shoulders, and the required length from shoulder to waist or hip, then cut your pattern from a large sheet of newspaper. Button either down the back or on the shoulders. Allow seams.



## HINTS ON KNITTING YOUR HANDSPUN

by Val Walker.

The following hints on knitting handspun yarn are from my own experience. However different people have their preferences, both in the yarn they spin and in their knitting, so what works for one person may not work for another.

- 28 g (1 oz) = 17 m (18 1/4 yd) of 10 to 12 ply.
- 5 stitches to 2.5 cm (1 in) when washed goes to 8 stitches to 2.5 cm (1 in).
- If even yarn is required it is best to prepare more by combing to eliminate all knots.
- Merino fleece is very elastic and will shrink up to 5-8 cm in a metre (2-3 in in a yard).
- Knit for the actual chest measurement with an extra 2.5 cm (1 in) for ease — pattern books usually add 5 cm (2 in) at least.
- When knitting basques, go three needle sizes smaller instead of the usual two sizes — then there is no need to add on stitches at first row of plain knitting.
- If there is too much tension on your yarn, it won't slip along the needles and the fabric will be hard like a board.



- Always wash the wool before doing your tension square, it is essential to do the tension square when knitting with handspun yarn. It will save a lot of unpulling later on.
- Pilling can be avoided by spinning the yarn a bit firmer, although it should still feel soft.
- Yarn need not be as firm for crocheting as for knitting.

From Canberra Spinners and Weavers Inc. newsletter, June 1983, reprinted from *Island Yarns*, newsletter of the Handweavers Spinners and Dyers Guild of Tasmania, PO Box 674, Sandy Bay 7005.



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# Natural Goat Care

by Pat Coleby, Garfield, Vic.

I wonder how most women would react if told that they didn't really need to eat during pregnancy, just feed themselves when the baby arrived, so there would be some milk available. Cries of horror, doubtless. Yet I still meet people (not all male) who consider that it is unnecessary to feed a goat during pregnancy, just let it drift along scrounging what it can. They are always astonished when the subsequent milk supply is not up to their expectations.

When this article comes out most people's goats will either be pregnant or about to be; they should also still be milking. Therefore the does will be getting their normal milkers' ration; personally I do not change this at all through the 150 day gestation period. The only exception I make is for a doe who is getting too fat; she will get less concentrates, but *all* the minerals — dolomite and seaweed, and anything else that the local conditions dictate. During the last two months of pregnancy the feed should be as nutritious as possible, but this does not mean raising the grains to unsuitable levels, merely making sure that the feed is given regularly, and is of good quality.

As pregnancy advances, one gets a fair idea of the does who are going to have multiple kids. It is absolutely essential that these animals get seaweed meal ad lib at all times, as well as their dolomite. Two or more kids are a great drain on a doe's system, especially if she is still milking as well, like mine usually are. The demands for nutrients by the kids will be considerable. Their requirements will be met, at the expense of the mother if there is no other way, so she starts to become demineralised and before the goatkeeper has realised what is happening there is a bad case of pregnancy toxæmia on hand. If it was called a name which implied the reason for its existence perhaps the condition would not happen so often! As mentioned in one of last year's articles I found that a drench of seaweed meal was the best cure for this condition; glycerine was the old standby, and the goats absolutely loathed it. I suggested to several people last year to try the seaweed drench instead, and they were very pleased at how quickly their does returned to normal health.

Once a doe kids, if she is a heavy milker (5 litres or more), there is a tremendous drain on her system for the first two or three months of the lactation. She will be putting out more than can be covered by her daily rations, and will have to draw on her reserves to keep up the supply, until the milk levels out a little. Everyone who has had heavy milkers will know the frustration of seeing their does look more and more like walking coathangers, in spite of being given all the food they can eat. After three or four months the production falls slightly and the food supply begins to cover the outgoings, then the does start to look really good. In the case of very heavy first lactation milkers, they often do not start to bloom until the following year, when they are on the run-through. If they are kidded without this rest, it is frequently a year or two before they 'catch up'. I never kid a doe two years running unless her milk supply is really bad, and usually that means there is something wrong (like CAE), so there is not much to be done about it.

In my goat book I mention pharmaceutical chalk as the antidote to sugar gum poisoning. It is the old remedy, mentioned in David Mackenzie's *Goat Husbandry*, and works instantaneously. I have always wondered if dolomite would work the same way, and had a chance to find out a few weeks ago. The caller was in a panic because several kids had eaten sugar gum shoots, and were pretty ill. She had no chalk; it was (as usual in these emergencies) a weekend, so I suggested she try dolomite. She wanted to know how many hours recovery would take, and I said it was a matter of minutes not hours, and to please ring back to let me know how she went. Generally people only ring back when things don't go well! Sure enough the dolomite worked just as fast as the chalk, and all the kids were saved. Please make a note, any of you who have my goat book, that dolomite can be used as well.

If there are any readers out there who read Margaret Banks' excellent *Goatkeepers Magazine* as well as GR, they will have to bear with me, because I assume that not too many people double up, therefore I put anything new I find out that could be helpful in both! I've mentioned the prolapse and the knuckly legged kids in both (last issue of GR), hoping that the information will reach as many people as possible.

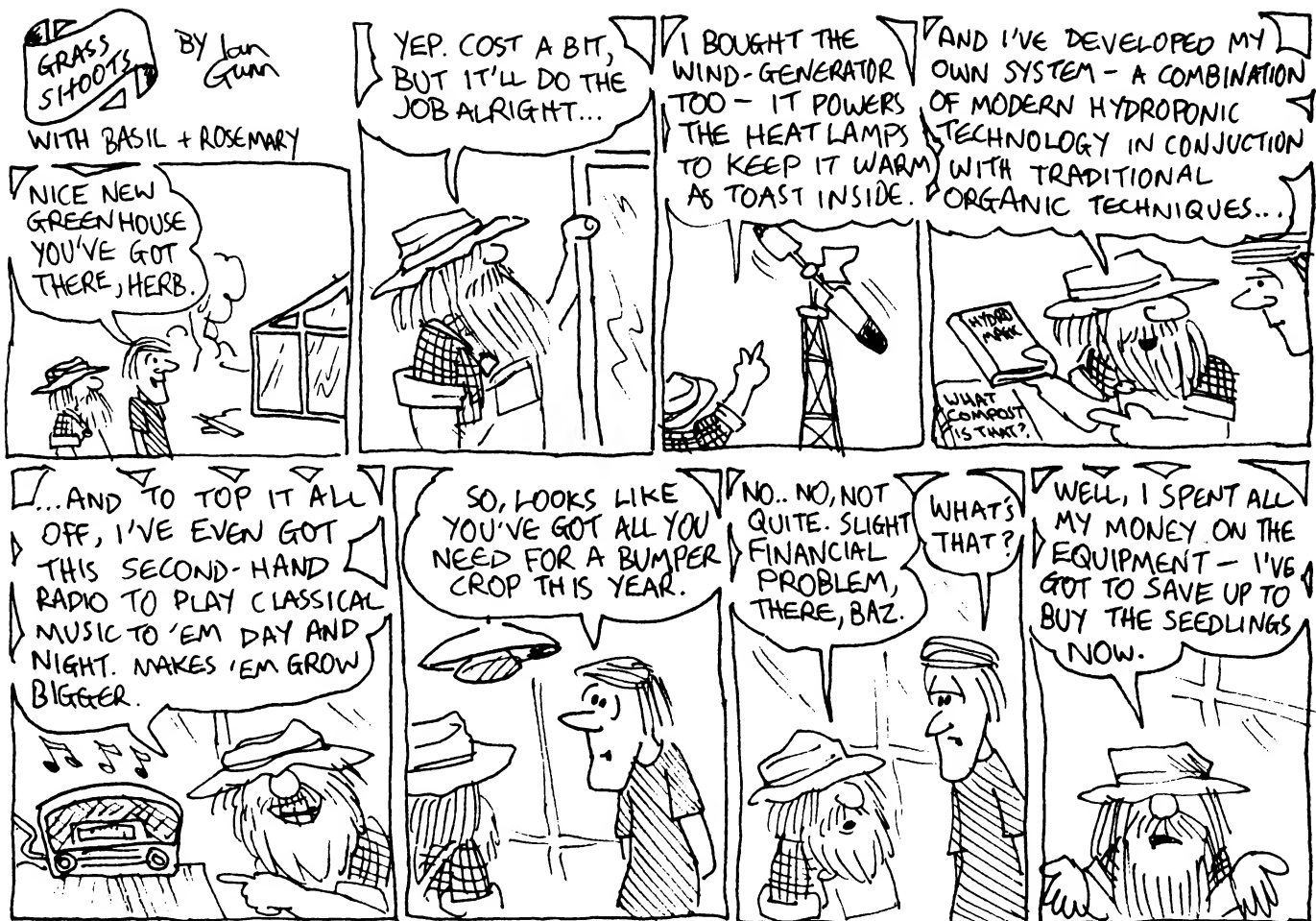
There seems, as usual to be a large unsatisfied demand for goats' milk; producers will have to do their own negotiations with contractors, who vary considerably. The goatkeeper's part is to produce clean, cooled and healthy milk; sometimes getting it to the contractor is necessary as well. Here in Victoria the going price seems to be 60 cents per litre *at the factory*, and that quite often takes off the cream so to speak, especially if the factory is far away. I live in hopes that eventually the price will be ex farm. Fortunately there are quite a few cheesemakers around, and most districts seem to have one or two. A little competition is a healthy state of affairs, as is the contractor who pays on delivery. We often used to have to wait up to six weeks in days gone by — difficult when there were feed bills to be met. My preference is for contractors who pasteurise the milk, which cheesemakers generally do, as my herd is not entirely CAE free yet. Those wishing to have unpasteurised milk must make a private agreement with a goat owner (of CAE free goats) or have a goat of their own — again CAE free.

All producers of commercial goats' milk have to have a health licence, and the requirements are generally very reasonable, varying slightly according to the particular inspector. The object is to be able to produce completely clean milk, with the minimum of work. If you're interested in this aspect of goatkeeping, check with your local health inspector for specific requirements.

A brief postscript about items in the last issue of GR:

I would *never* use paraffin oil to treat goats who've eaten poisonous plants, as it demineralises in their systems. Use vegetable oil or a good dose of vitamin C.

Coats to keep your bucks warm may be OK in NZ conditions, but I found the bucks' spray kept the coats wet and they caught pneumonia. Healthy goats shouldn't need them.



The sun does not shine for a few trees and flowers,  
but for the wide world's joy.

Henry Ward Beecher.



## WOOLLY HINTS

Instead of soaking your bagged fleece or spun skeins in the wash tub, place them into the filled washing machine. When cool, turn the machine on to the draining out cycle and spin out the dirty suds. Before the rinse cycle begins, remove wool and allow the machine to fill — replace wool, drain and turn on to spin cycle again.

Mrs I E Lee, Carseldine, Qld.

After plying your last skein there is always a little left on one of the bobbins. Spin this wool through again, being careful not to overspin. You now have a stronger thinner thread for sewing your garment together.

Mrs L Lees, Ballarat, Vic.

To lengthen the life of hand knitted cardigans and round necked jerseys remove both sleeves and sew left sleeve to right armhole and right sleeve to left armhole before the elbow area becomes too worn and thin. Wash and pull into shape.

Mrs Cross, Vermont, Vic.

From *Barbara's Wool News*, Feb 87, reprinted from *Clippings*, Vol XXII, No. 3, newsletter of the Qld Spinners, Weavers and Dyers Group, PO Box 362, Toowong 4066.



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No. 37 City farm in Brunswick, weeds, soap, sock basket, battery hens, feral animals, spinning fancy yarns, woolcraft hints, homespun socks, potatoes, do-it-yourself pest control, fuel stove hints, oil seed press, electric fencing, index 30-35.

No. 40 Make a doona, energy-efficient houses, hand-made gifts, home energy systems, Angora goats, street games, growing garlic, quilts, building in stone, poultry, bushfire precautions, horseshoe pitching.

No. 12 Tipis, keeping pigs, nuts and seeds, raw fleece rugs, ducks, boomerangs, pumps, nettles, tapers, home brewing, hair care, gardening, recycling a dairy.

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No. 20 Training goats to harness, salads, stone house, make a lampshade, sourdough bread, eucalyptus candles, combating depression naturally, organic gardening, simple surveying.

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No. 13 Permaculture, soap making, earthworms, herbal teas, Bredbo, queen rearing, owner-builders, education and kids, index 1-12, gardening, dyes, goats.

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No. 30 Educating children, using a sickle, pigs, sheepskin boots, Guinea fowl, homeopathy, jojoba, mudbrick sauna, grafting fruit trees, wind power, make a halter, soymilk products, hot water systems, smoking meat and fish, index 22-29.

No. 33 Life in PNG, an alternative lifestyle in NZ, a poultry coop, recycling, home brewing, organic farming, kefir, backstrap weaving, a possum trap, Cashmere goats, horse gear, cooking grains, fruit growing, alternative schools.

No. 36 Happiness and hardship — recollections of times past, make a doona, building for women, peacocks, donkey training, simple construction techniques, strawberry growing, recycling bottles, more on peanut growing, medicinal herbs.

No. 39 Bushfire protection, making quilts, solar fruit drying, Angora goat keeping, build a bush shed, make a haystack, keeping bees, fruit and nut growing, circle gardening, diet and hyperactivity, making herbal perfumes.

No. 42 Living on your own — for women, cow bails, drying mushrooms, garlic, quail, children's stories, alcohol fuel, donkey training, drying flowers, green manure, solar electricity, blackberry eradication, pruning, self-sufficient health, care of flammable liquids.

No. 43 Festivals, rag rugs, tanning, tree felling, bee keeping, stonemasonry, bantams, children's parties, biogas, citrus in sub tropics, butter from goats milk, donkey training, kefir, tin oven and battery-operated blender, foster mothers for calves, wind power.

No. 46 Herbal first aid, removing unwanted fauna, op shopping, building bee boxes, propagating trees, dog fleas, unemployment, dried fruit, handmade gifts, mouse traps, turkey keeping, alternative lighting, tomatoes, jojoba, garden soil.

No. 49 Buying a donkey, buckwheat, aloe vera, locker hooking, vaccination debate, charcoal, life in Kenya, medicinal herbs biogas, growing Australian plants, make a halter, growing from seed, make a gourd lamp.

No. 52 Solomon Island, natural beauty tips, ginger beer, pigs, gardening with limited water, Christmas gifts, make a shirt, Folk Flower tonics, wire-weed basket, water tanks, passionfruit, moon planting, animal manure, a house for free, survival technology.

No. 55 Sheepskin vest, sawdust kilns, recycling the family garbage, chickweed, companion planting, willow baskets, eradicating household pests, basic beekeeping, horse power, star posts, electric fencing, tree planting, hydroponics, cure for colds, centuary.

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No. 61 Crofting, winter wellness, chestnuts, poultry, breadmaking, using a wood stove, organic farming, cottage gardens, short wave radio, woolcrafts, spinning wheel care, agroforestry, chair repair, knots, bullocks, pruning, earthworms, firewood.

No. 64 Moora Moora revisited, hydraulic press, Christmas gifts, coping with overindulgence, incubator, remaking a beach umbrella, Elizabeth duck, retraining a dog, conveyancing, goats, health care, solar food drying, popcorn, 12V power, hay quality, guinea fowl, wine, cheese.

No. 44 Pollen traps, herbs for colds, Barnevelders, a sundial, tools for self-sufficiency, child's saddle, floral wood dyeing, gardening in sand, water wheel, 'oldies' make the break, wind power, house cow for \$35, index 36-42.

No. 47 Marketing, horse power, making buckskin, living afloat, herbal medicine, stenciling, gardening, manure spreaders, building an extension, poultry, a bush shower, backyard farm, beekeeping, garden trouble-shooting.

No. 50 Networking, bee pests, cheap hot water, growing coffee, designing a jumper, cold climate gardening, moccasins, growing liquorice, coffee, geese, AATRA, crossword, growing Australian plants, biogas, rainwater separator, home-made beer and cider.

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No. 59 Fire protection, continuum concept, Pritikin eating, first aid, starting out, renovation, pigs, making butter, tanks, watercress, root cellaring, mirror frames, sheep, looms, solar power, home-acre farming, keeping bees, gates, small tractor, pest control, make a farran.

No. 62 Importance of water, grass baskets, female nutrition, fences, cottage gardens, bees, conveyancing, hydro-electricity, starting a garden, woolcrafts, generators, WWOOF, game birds, agroforestry, polenta, bullocks, greenhouses, sheep, seed saving, 12V system.

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No. 45 Turkeys, waistcoats, touch for health, a bush sauna, sinking a well, northern lifestyles, beetroot, fly traps, storage batteries, a cow halter, herbs, swarm traps, strawberries, build your own gates, improving your soil, caretakers.

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No. 54 Cotton ball spinning, Ecuador, Althorpe Island, wind-powered bicycle, vegetarianism, pawpaw, octagons, hydroponics, rugs for animals, lice and goats, tofu, electrical tools, flax and linen weavers, tanning hides, eradicating bracken fern, disinfectant, crossword.

No. 57 Inkle band weaving, your immunity, jackfruit, black sapote, what to do if you're sprayed, cows, tools, black currants, raising piglets, lavender, gifts, how to make an incubator, head lice, electric fencing, hydroponics, pollination, an inexpensive water tank. Index 51-56.

No. 60 Host farm, beads, garden tools and methods, soils, steam cooking, first aid, power alternatives, tantrums, cottage gardens, dog training, torch, weeding, tapestry leftovers, sheep and lambs, garden pests, small trailer, alternative blender, bullocks, seed saving.

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No. 66 Woman builder, sheep's milk, bees, leucaena, earth floors, dog fleas, woven poncho, buying food, building stairs, air ions, install a wood stove, purebred poultry, inkle weaving, batteries, survey, homemade soap, greenhouses, concrete, pruning, crop rotation, chokos.



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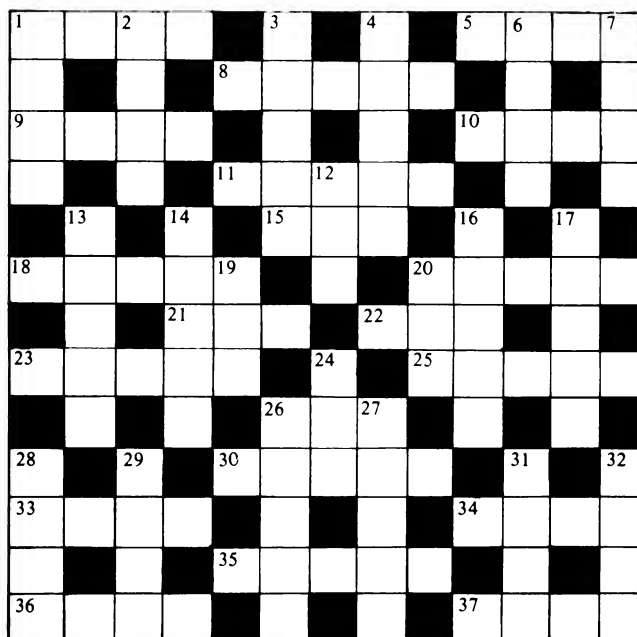


# CRYPTIC GRASSWORD

by M. Riley, Newborough, Victoria.

- Across
- Reverse part for catch.
  - Take in and sketch.
  - Bore on the parade ground.
  - I would follow the French to waste time.
  - Late for duck.
  - A labyrinth overwhelms with wonder.
  - Dish for meat or fruit.
  - Be in Tom's graves.
  - They can be called or tossed.
  - O.K. about a tree.
  - Nothing in the street is drunk.
  - Way out is undaunted.
  - Age in royalty is keen.
  - Animal about is divine.
  - Weeds can be stitched.
  - Weaver dimly magnified.
  - Before morning test.
  - Way a politician may make his mark.
  - New seam is identical.
  - Men only among the hostages.

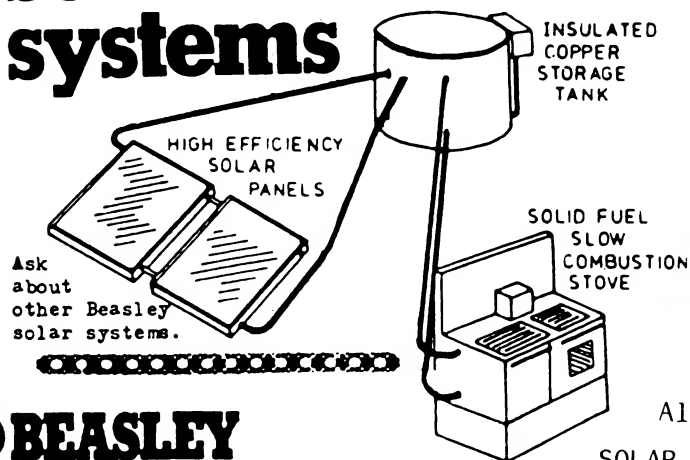
- Down
- Take a journey or tumble.
  - Can be in ale.
  - Step in hobo.
  - Angry flame.
  - Dance for fishing?
  - Fine for water.
  - I am in goal.
  - Throw for value.
  - Regarding a contest.
  - Meal containing tea for mineral.



- Calculating reptile?
- Rested short for Saturday.
- Weed, in shoes.
- Won about this moment.
- The ad is fatal.
- Gems are included health hazard.
- Seal for beverages.
- Shape from class.
- Formerly it was way out.
- Drinking vessels make self-complacent.

*Solution on page 58*

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# Poetry

*When I started on my vegie patch  
I thought in me, mother nature had met her match  
As I worked hard digging up the soil  
I knew I was one, with the elements in my toil  
the seeds went in, they are growing fast  
Hot and dry, a storm? Ah rain at last  
On my knees to the Lord I beg and pray  
My prayers were answered, all my plants are washed away  
Well I started again, it's looking good  
The plants are growing, even the weather is in the mood  
Rain every few days  
Clouds to dull the sun's rays  
Then the clouds build up a storm with wind blowing a gale  
Limbs blow down, a tree topples and then hail!  
Ah well, I reach in the fridge for a beer  
While I say to my wife, 'tomorrow I'll start again dear'.*

*Frank Venselaar.*

## **BUTTERFLIES**

*Painting the sky  
Filled with emotion  
As an artist's tender hand  
Small delicate creatures  
Deceiving to the eye  
Alluding their strength  
And great spirit in flight  
Appearing with certainty  
Their destiny unknown  
Peaceful, enchanting  
The softness and beauty  
Their presence has shown.*

*Juda.*

## **THE SENTRY**

*Waiting for sleep to take its shift,  
but day announces itself  
oblivious of this sentry's duty.*

*Consciousness won't surrender  
and is penalised,  
so thrust into inevitability.*

*Transience calls a victim  
to journey unprepared  
through the haze.*

*In the same place  
the sentry has been eluded;  
despite it, dreams have escaped.*

*Rebecca Perry.*

## **TREES NEVER RUST**

*I'll be leaving soon.  
I remember sitting beside that giant tree,  
twelve, going on thirteen.  
Plenty of flies to squash and ants to stamp.  
Running through fat fresh cow jobs.  
Horses' breaths on frosty mornings.*

*Dad used to say 'Wish the bloody rain would come,'  
and when it did, oh boy!  
We'd carry on like sprayed blowies.  
Then we'd fill the old tin buckets.  
Even Clyde, our dog, barked in the water.*

*We had a nice little home which Dad built.  
We had a nice tree too.*

*One day Dad pulled up a pushbike. Oh boy!  
I'd spin down the hot dirt roads.  
'Happy Birthday!' Two kisses and a squashed hand.*

*The bike rusted out, but my tree never did.  
We kept getting stronger and wiser.*

*I remember helping Dad on the field.  
And when it got hot, gee we'd swear under our hats.  
Dirt from ear to ear,  
and Dad's beard was a dusty koala.*

*One day there came a great fire.  
It burnt down our home.  
My tree was burnt to the stump.  
Dad brought in a 'dozer.*

*I remember sitting beside that giant tree,  
twelve, going on thirteen.*

*Peter Bird.*

### THE HAND

I held my hand up close  
One day  
But it was much too close  
To see,  
So I moved my hand  
A bit further away  
And I soon began to see  
All the lines and cracks  
Which had previously  
Eluded me . . .  
I closed my eyes  
And touched the floor  
What touch revealed  
Told me more  
Than a quick glance  
Of eye.  
My fingers pried  
Felt and spied  
In special feelings  
Behind my eyes  
Images came in silent form  
And quickly  
It began to dawn  
That one man's sight  
Can often perform  
Much greater things  
Than deviated/text/book  
Dissected/norm.  
I moved my hand  
A bit further away  
And touched the light  
Within the day . . .

P.A. Bradbey.

### WINTER'S HERE . . .

The sun  
denied all summer long  
by leafy barricades  
creeps shyly now  
into our damp backyard.  
The wind  
the restless visitor  
that fluttered  
through our summer dreams  
now softly keeps its winter song.  
The tree  
that green kaleidoscope of summer  
naked now  
gaunt, black, skinny limbed  
traced all spidery on the evening sky.  
The neighbour's fig  
the possum's feast  
just a memory till another year  
while Sally builds her fire  
and prays for rain.  
We close the door  
to draughty visitors,  
winter's here  
summer's about gone.

Tony Lou.

Sprinkle, sprinkle, little hose  
Thou art wonderful, thou knows,  
Thou maketh all my daisies grow  
Thou maketh soil easier to hoe  
The only time I don't liketh thee  
Is when thou turns and sprinkles me!

Sybil Gray.

### BUSH DANCE

Dancing and spinning  
and spinning around  
and spinning and dancing around and around.  
Holding my partner  
hangin' on tight  
dripping with sweat on a warm summer night.  
Break out of the spin and into a jig  
and the room is still spinning around  
and around.  
Our bodies they jig up and down and around  
up and down and around and around  
and around.

Sitting here pushing this pen on this page  
playing with words in my head  
hearing the words jumping up jumping down  
spinning around and around.

There is no conclusion to this dance of life  
no conclusion ahead can I see  
so I'll draw no conclusions  
I'll spin and dance on  
dance around, spin around and around  
and around and around and around and around.

John Murphy.

### LOOKING AGAIN

The ashes of illusion  
gone cold in autumn wind  
held in place by campfire stones  
perhaps to burn again,  
but never with the same fresh glow:  
among the blackened rocks  
not quite so big, not quite so warm;  
the loving hours-after talks  
of how the past can live anew  
give rise to other thoughts.

Brian Walker.





# kids pages



Dear GR Kids,

It's just been holiday time again — I hope yours were fun. Mine certainly were and included a trip to Sydney and a visit to my grandpa.

I'm at home at the moment, in front of the open fire with a box of tissues and a drink of honey and lemon, and you guessed it, a cold. I've just come back from a school camp at Halls Gap in the Grampians which was really lovely though a little wet. We went bushwalking, abseiling (and yes I'm still here!!) canoeing (the cause of my cold) and horseriding which I enjoyed the most.

I was given a big horse — 'Creamy' — because I'm so tall and he was most unpredictable. Whatever the others were doing he always did the opposite! We walked first which was great fun and then trotted — ouch my behind — but I got the rhythm eventually but then we cantered. Well, I just clung to the saddle, closed my eyes and said the Lord's Prayer. I survived!

When we arrived back at the ranch we were told to let the horses graze — guess whose horse wandered off. One kid's horse put its head down to graze and the saddle and kid fell down the neck and onto the ground! Horseriding was definitely the highlight of the camp.

I've decided to become a weekly instead of full time boarder next term. I want to see more of my parents and the animals, all of which I miss terribly. I'm not enjoying boarding school as much this year because some of my special friends have left. I also miss Mrs D the house mother and although the new one is nice she is just not the same. I still like boarding but it's just not as good as it was before.

Well, the fire is starting to go out, my cat has just jumped up for a cuddle and I'm stifling yawns so goodbye till next time.

Suni.

Dear Kids Pages,

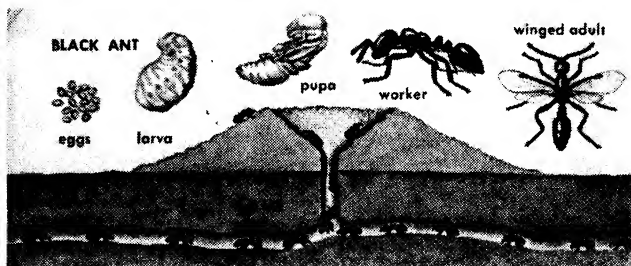
I am seven years old. I have a cat called Patches. He is a boy and is black and white. I like him very much. I go to school on the bus. Goodbye.

Steven Mayne  
COOKTOWN 4871.



## DID YOU KNOW

Ants are the most energetic and tireless insects in the world. Garden ants live in colonies with several queens and thousands of workers. Their nest is made up of lots of passages and rooms dug out of the earth by their jaws and front legs. Some of the rooms are damp, some dry, others warm or cool. The eggs, larvae and pupae are kept separately and tended by young workers. Workers may live for up to six years, queens for over sixteen years.



Ants live in organised colonies, like termites and bees.

## BOOK REVIEW

**My Place by Nadia Wheatley and Donna Rawlins, hardcover, 46 pages, illustrated.**

Warning, this book is a time machine — it flips you back into the past where you'll meet other Australian girls and boys who have lots in common with you. Once you come out the other end you'll see that everyone's a part of history. No matter where you live in Australia your place has a story as old as the land.

*My Place* is a fascinating book which looks at the lives of twenty children who live in roughly the same geographical area over a time span of 200 years. Each child describes their home and family, a special pet, their school or place of employment (yes, children as young as 9 and 10 went out to work in the early days) and a special event in their life, like a party, cracker night, or family christening or wedding. The stories are accompanied by attractive coloured illustrations together with a detailed map of their area as seen by the children. It is the changing face of this map as the stories move from child to child, decade to decade that makes the book so unique and leaves the reader wondering about the 'real' history behind their own home and area.

Best suited to readers 8-14 years.

Published by Collins Dove, Melbourne, RRP \$16.95.



What is always behind time?

The back of a clock.



## COOKS CORNER

### CARROT CAROB CHIP BARS

- ½ cup crunchy peanut butter
- ½ cup raw sugar
- 2 eggs
- 1 tsp pure vanilla extract
- 1 ¾ cups wholemeal flour
- 2 tsp baking powder
- 1 tsp bi-carb soda
- 1 ½ cups grated carrot
- 1 cup carob chips or buttons

Beat together the peanut butter, sugar, eggs and vanilla. Mix in the flour, baking powder and bi-carb soda. Add the grated carrot and carob chips and stir well. Butter a 23 x 33 cm (9 x 13 in) pan then spread the mixture evenly in it. Bake for 40 minutes on 180°C (350°F), remove from oven and allow to cool and then cut into squares.

Why did the chicken  
cross the road?  
For fowl purposes.





# HOLIDAY AT UNCLE BOB'S FARM

by Rob Harle, Wyee, NSW.



## A Story for the Littlies

'Come on mum, we'll never get to Uncle Bob's if you drive this slowly.'

'Won't be long now girls. I wonder if your uncle has any new animals?'

'Gee I hope so,' said Nicole.

'Just think,' interrupted her sister Emma, 'We have the whole school holidays to play and have fun on the farm.'

The girls closed their eyes and imagined all the animals they were going to meet. There would be clucky chickens, horses that whinnied, mooing cows, and quacking ducks, but there was one animal they didn't imagine. You would never guess what it was?

They arrived at the farmhouse very late that night so Emma and Nicole went straight to bed. They wanted to be up bright and early the next morning to meet all the animals.

'Time to get up you sleepy heads,' yelled Uncle Bob. The girls were out of bed in a flash.

'Morning Uncle Bobby,' said Emma cheerfully.

'I'm starving!' said Nicole.

'Work to do before breakfast,' snorted Uncle Bob. 'Put on your new gumboots and we'll go and feed the pigs.'

It was a lovely morning, the sun was just rising, and the fresh country air was filled with the sounds of all the farm animals.

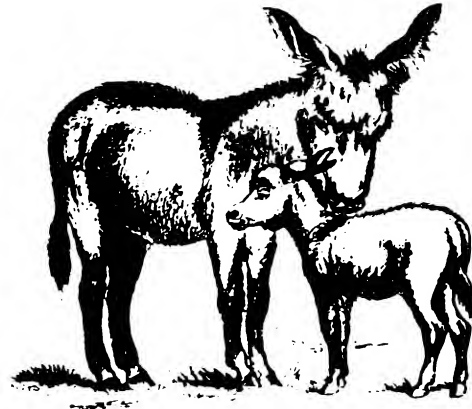
'I have a surprise for you two,' said Uncle Bob as they finished feeding the pigs. 'Go around the corner and have a look.'

The girls ran as fast as they could to the yard behind the shed.

'It's a donkey!' cried Nicole.

'She's beautiful Uncle Bobby, can I go and pat her please?'

'Of course you can, but be gentle, you don't want to frighten her.'



The donkey must have really liked the girls because as they patted her she started to 'he-haw he-haw'.

'What a strange sound,' said Nicole.

'And look at those big, big ears,' added Emma.

'What's the donkey's name Uncle?' asked Nicole.

'Martha' he replied with a smile.

They all hurried back to the house for breakfast. By now poor Nicole was really starving.

'You'll burst if you eat another bowl of porridge,' said Emma. Uncle Bob leaned back in his favourite chair and said, 'I have another surprise for you.'

'What is it?' asked Emma.

'Not going to tell you,' teased Uncle Bob.

'Oh go on, what is it?'

'All right then, Martha is going to have a baby donkey. And if you're lucky, she might, just might have it before you go back to school.'

This story will conclude next issue.



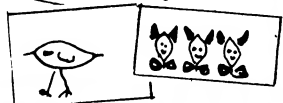
## LEAFY FRIENDS

At this time of year many of the trees are dropping beautifully coloured leaves, so why not collect some and see what interesting things you can do with them. Some of the ideas we came up with were:

- Press large leaves in a book until dry and use in place of a gift card. You will have to write on them carefully (they become brittle and break easily) with a big black texta. Store in a shoe or shirt box.

- Collect an array of leaves, thin strips of bark, seeds, and fine twigs and arrange on a piece of card to form an interesting picture. Glue carefully with a wood glue and spray with varnish when dry. The finished picture makes a beautiful present.

- Make your own gift cards using dry, pressed leaves. Practise for a while until you become confident. Glue leaves onto your cards and decorate with a texta to form leafy animals, birds, insects or whatever you like. Or a seed could be glued on for an eye and a small feather for a tail. These are lots of fun and can look very professional when finished.





# While the Billy Boils.....

*'Breakfast is the most important meal of the day', sermonised my mother and I echo this phrase at regular intervals to our children as they hurriedly spoon food into their mouths, one eye on the clock and the other simultaneously watching their shoes as they try to tie laces. How many of us have the opportunity to sit and enjoy a scrumptious breakfast let alone have the time for preparation? Perhaps a few ideas will change your minds. As the saliva buds run whilst reading the following recipes, start planning your first leisurely breakfast.*

Kerry Garrett.

## MUFFINS CANADIAN

- 3 eggs
- ½ cup honey
- ½ cup oil
- 2 cups buttermilk
- 1 cup barley flakes
- 1 cup bran
- 2 cups wholemeal flour
- 2 tsp baking powder
- pinch salt
- 1½ cups peeled, cored and diced apples or berries

Beat eggs well then add honey, oil, buttermilk and beat again. Combine dry ingredients in another bowl and stir in the fruit. Now pour liquids into this and mix until just combined. Spoon into greased muffin pans and bake in a hot oven 200°C (400°F) for 20 minutes. Makes approx 24 muffins. Serve hot, split with butter.

Frank Chidlow, Hay.

## BARLEY PORRIDGE

- ½ cup barley flakes per person
- water

Pour boiling water over barley flakes to cover. Soak overnight on side of warm stove. Next morning, bring to boil, topping up water if necessary, and simmer for 5-10 minutes, stirring occasionally. Serve with honey, milk or other preferred topping. Sesame seeds or shredded coconut can be added for a variation in flavour. This porridge will be 'chewier' than that made with oatmeal.

Kathleen Campbell, Violet Town.

## APRICOT OMELETTE

- 2 tbsp butter
- 1 tbsp raw sugar
- 1 tsp cinnamon
- 6 ripe apricots halved and stoned
- 4 eggs, separated
- ½ cup wholemeal SR flour
- 1 tbsp rice flour
- ½ cup milk

Heat oven to 200°C (400°F) and melt butter in 10 inch round baking dish. Remove from oven and sprinkle with sugar and cinnamon. Arrange apricots in dish and return to oven for 10 minutes. Beat egg whites until frothy. In separate bowl beat yolks then add flours and milk. Fold in egg whites. Spread mixture over fruit. Bake for a further 20 minutes. To serve, cut into four and invert onto serving plates. This is a favourite in our family because we all like apricots, but you could also use plums or peaches.

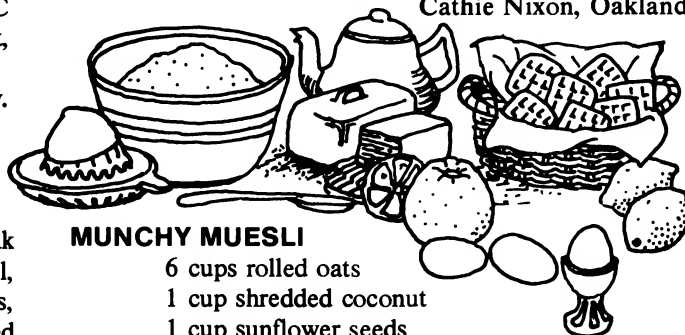
Mel Smith, Lyons.

## ORANGE WAFFLES

- 1½ cups wholemeal flour
- pinch salt
- 1 tsp baking powder
- 2 eggs separated
- 1 cup milk
- ¼ cup oil
- 2 oranges, peeled and quartered
- 1 tbsp grated orange rind

Combine dry ingredients, blend egg yolks, milk, oil, oranges and rind in food processor. Add orange mixture to dry ingredients and combine well. Now fold in egg whites. Bake in waffle iron until golden. Served with fresh fruit there are enough for four helpings.

Cathie Nixon, Oaklands.



## MUNCHY MUESLI

- 6 cups rolled oats
- 1 cup shredded coconut
- 1 cup sunflower seeds
- 1 cup barley/triticale flakes
- ¼ cup buckwheat flour
- 1½ cups mixture of dried fruits
- ½ cup oil
- ¼ cup honey

Combine wet and dry ingredients separately, then mix together and stir well to moisten. Lightly oil a large baking tray and spread muesli over it. Bake at 150°C (300°F) for 30 minutes, stirring frequently. Makes 10 cups.

Aileen Bender, Winton.

## TO MAKE GOOD TEA

It is the easiest thing in the world, yet nine out of ten people do not manage it successfully. First of all the water must be freshly drawn from the cold tap — that left in the kettle is flat and lifeless. Give preference to a teapot made of earthenware to make the best brew. Now heat the pot thoroughly by pouring boiling water into the pot and out again before adding the tealeaves. The quantity of leaves used is a personal preference. Next with your pot and leaves ready, pour the water over the leaves just as it reaches boiling point. Allow the tea to stand while you get the cups ready, the longer it sits the stronger the brew, and the colder.

Beth Crawford, Woronora River.

# Frugal Feasts

by Elsie Hoare, Berwick, Vic.

On leafing through some back copies of *Grass Roots*, I came across and re-read Judy Wormwell's article on dole survival in issue No. 48. What memories it brought back. I too grew up in the difficult years following the last war, when everything — including money — was either scarce or non-existent. My parents reared six of us on an income which often fell short of our needs, and throughout the twenty-five years of my marriage I have many times given thanks for the lessons in frugality which I learned from my Mum and Dad, who never bought anything if they could make it themselves, or threw anything away if it could possibly be used again.

I could write poetry about Mum's soup, great pots of leftover everything boiled up with the bones from Sunday's mutton, plus whatever was available from Dad's vegetable garden. I've never been able to equal its flavour.

## THE VERSATILE SCONE

As our daily bread did not come fresh to us on Saturday and Sunday, we often ran out, and although Mum became pretty good at making her own bread, she more often fell back on a stand-by which was popular with us all — scones. In the never ending battle to stretch the housekeeping, scones can be a very valuable ally. Made with wholemeal flour, they are quick to make, economical, nutritious, and filling. Served with a good vegetable soup and topped with cheese or peanut butter, they make a satisfying lunch.

Scones can be baked in an oven, or on top of the stove in a heavy based pot with a firm fitting lid. Although the latter method alters their texture, they are no less enjoyable. Wrapped in foil and buried in the coals of a campfire, scones become damper. The uncooked dough becomes dumplings when popped on top of a stew or stewed fruit and gently simmered for 15 minutes. (Don't lift up the lid during this time or they will go soggy.)

In the unlikely event that there are any left over, scones that have lost their first flush of youth are delicious toasted, or can be rejuvenated by steaming for about 15 minutes over boiling water in a pudding basin, just like a steamed pudding, or dipped in milk, wrapped in foil and reheated in a hot oven for a few minutes. Used instead of bread, leftover scones are lovely in bread and butter custard. Crumbled and rubbed with a little shortening they make a beaut topping for casseroles. Add a little sugar or honey and coconut, spread on top of stewed fruit and bake until the crumbs are golden. Old fashioned bread pudding is improved when the bread crumbs are replaced with crumbled stale scones.

Mum didn't use a written recipe, just two or three cups of self-raising flour, depending on the number of hungry tummies she had to fill, a knob of butter about the size of a walnut shell rubbed into the flour, and milk to mix to a soft dough. Turn out onto a floured board, gently roll the dough about in a ball until it is coated with flour, then press out with floured hands until 1½ cm (⅝ in) thick and cut as desired, handling the scones as little as possible. Mum cuddled them up together on a greased tray and baked them in a very hot oven (about 250°C/480°F)



for ten or fifteen minutes. You can add a tablespoon of sugar and a couple of handfuls of dried fruit if you like them sweet, or perhaps stir in some grated cheese, but of course any additions will add to their cost.

## OTHER FRUGAL FEASTS

If you like marmalade with your scones you may like to try Mum's recipe using only the peel of your oranges. It's a nice firm marmalade and won't run down your sleeve when you try to eat it. Or perhaps you'd like to try making a Boston bun, using leftover mashed potato. This is OK if you've mashed the potato with milk and butter, but not if you've used onion and pepper.

### Orange Peel Marmalade

Before you eat your orange, scrub the skin clean, then peel and store the peel in the refrigerator in a closed container until you have the skins of about eight or nine oranges. Shred the skins finely with a sharp knife then measure the quantity. For every cup of finely cut, tightly packed orange peel, allow 3 cups of water, then add 1 finely cut lemon. Put it all in a large bowl and allow to stand for 12 hours. Transfer to a large pan and boil for half an hour, then leave to stand for a further 12 hours.

Measure by cup. For every cup of pulp, allow one cup of sugar. Bring all to the boil gently so as not to burn the sugar. Gently stir now and again with a wooden spoon. When the marmalade comes to the boil, keep it boiling at a gentle roll. After about half an hour start testing it every ten minutes or so, by taking a little out of the pan and dropping it onto a cold saucer. When it is ready the cooled tester will firm on the saucer like honey. Eight orange skins will make about 3 cups of sliced peel and use about 2 kg (4½ lb) of sugar.

### Potato Boston Bun

- ½ cup mashed potato
- ½ cup dried mixed fruit
- 1 cup S/R flour
- ½ cup sugar
- ½ cup milk

Beat the potato and sugar until creamy. Add the mixed fruits, then add the flour alternately with the milk. Bake in an 18 cm (7 in) sandwich pan in a moderate oven (180°C/350°F) for thirty minutes. (I always grease the tin and line the base with greased paper.) If you double the recipe and use two tins, it will still only take thirty minutes to cook. Test it like any other cake with a long needle, or gently press the top with your finger. If it springs back it should be done. You can spread the top with a little butter icing and sprinkle with coconut. Serve spread with butter when it is cold.

### Old Fashioned Bread Pudding

This can be served hot with custard, or cold cut into slices. I

### HANDY HINT

A glass marble kept in your kettle (especially when it lives on the fuel stove and is constantly heated) will prevent the build up of rust/mineral deposits.

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vary the ingredients according to what I have on hand, but the basic recipe is as follows.

- 4 thick slices of bread (or an equivalent quantity of stale scones)
- $\frac{1}{3}$  cup vegetable oil
- 3 tbsp sugar
- 75 g (2 $\frac{1}{2}$  oz) rolled oats
- 125 g (4 oz) dried mixed fruits
- 1 dsp marmalade
- 1 egg
- 1 tsp each mixed spice and ginger
- about  $\frac{1}{2}$  cup milk

Put all the dry ingredients into a bowl, and gradually add all the wet ingredients except the milk. Add the milk a little at a time until the desired texture is reached. The mixture should hold together firmly without being too sloppy. Spread in a greased tin and bake in a moderate oven until firm but not too dried out.

### Economy Pudding

In an old wartime magazine I found this beautiful cheap pudding recipe.

- 170 g (6 oz) S/R flour
- 125 g (4 oz) each grated raw carrot and potato
- 1 tsp mixed spice
- 1 level tsp soda bicarb
- pinch salt
- $\frac{1}{2}$  cup dried fruit
- 60 g (2 oz) margarine (or your choice of shortening)
- about 3 tbsp sugar, or your choice of sweetener (optional)

Cream shortening and sugar, add remaining ingredients and mix well. Add a little water to make a stiff dropping consistency. Steam for two hours. The original recipe did not use sugar, as it was very scarce during the war, but I found it not quite sweet enough for our taste. According to the magazine, grated potato can be used to take the place of shortening, which was also very scarce. The suggested quantity to use as a substitute is half the recommended quantity of shortening to be replaced by the same weight of grated potato.

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# GENERATORS . . . DON'T COKE UP OR BURN OUT

by Anne and Robin Hughes, St Arnaud, Vic.

You've weighed up the economic and environmental factors and opted for an alternative power system, but you still need a generator as backup. How do you know what size and type to choose for your particular needs? Anne and Robin complete the series begun in GR 60 (*Who Needs the SEC?*) and continued in GR 62 (*Generators — some cold, hard facts on a hot topic*).

One reason so many attempts at alternative energy fail is incorrect use and sizing of generator sets. If you buy the so-called 'tradesman's special' because it is cheap, then try and run your house on it, you and the gen set are destined to part company very soon. The cheap, lightweight, portable gen sets are designed electrically to run only small items such as power tools for short periods and were never intended to operate as a home lighting plant or for equipment like pumps, vacuum cleaners and washing machines.

Having caused the early demise of one or more of these sets, some people then buy the biggest one they can find and subsequently coke up the engine through lack of load. The end result is once again a defunct gen set. At this stage, most people chuck it in and opt for reticulated power.

We have been running an average household and large workshop without hassles for 6 years now and so successful is alternative energy for us that we have set up our small scale carding and spinning mill to run on alternative power also (32V wind generator, battery bank and backup 32V petrol gen set). To run a gen set effectively and efficiently, there are 4 cardinal rules to follow:

- Use lightweight, portable sets for what they were intended — small short term power use. Expect a life of a couple of years if treated well.
- If using a bigger set use it as little as possible because of short life span, high fuel consumption and noise levels. Use it only for the big power users, not for lights, stereo, TV — these can be run from a battery bank.
- Run any gen set between half and three-quarter load capacity to prevent the engine coking up (this applies to diesels as well as petrol driven sets).
- Determine, before you buy, the size of the set you will need. Firstly, read the manufacturer's label on each item you will want to use and jot down the amps (A) required to run it. Heavy power users — 3.5A and over, small power users — 3.5A and under. Decide what your heavy users are then total the amps required by the heavies you will want to start and run simultaneously. Then, bearing in mind that your gen set will need a few amps up its sleeve for heavy starting currents, look at the amps put out by the different size gen sets, e.g. a 3kVA set puts out about 12.5A, a 5kVA set puts out about 20A. So if you need to run say, a washing machine at 5A, a vacuum cleaner at 5A and an overhead pump at 3.5A, the total is 13.5A and you would be advised to get a 5kVA set. If however you only want to run an O/H pump at 3.5A and a washing machine at 4A then a 3kVA set will be adequate.

Running your gen set for 3 to 4 hours a week will add up to 150-200 hours a year. With a life expectancy of 500-1000 hours, even at this rate, your 'cheap' gen set is not going to last very long. We got round this by building our own slow speed, belt driven gen set — linking a WW II vintage generator to a

modified Holden engine. This has now done 1000 hours with little maintenance and no breakdowns, and runs on about 1.8 lt (0.4 gal) per hour. There is unfortunately no comparable set commercially available in Australia.

Diesel is one answer, if you are going to run it for at least 4 hours continuously, well loaded, and you don't mind the noise, the big fuel bills and the unnecessary use of nonrenewable fuel. Another solution is to build or have built an air-cooled petrol driven engine running at a sensible speed (about 2000 rpm) powering a modern generator. This can charge a battery bank for your small power users (lights, TV etc) if you don't want solar or wind power.

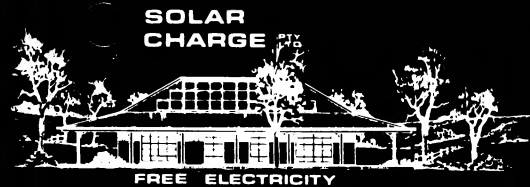
We are pleased to help people with genuine enquiries with plans for such a homebuilt set and with alternative energy systems in general. Write to us (SAE please): Anne and Robin Hughes, RMB 202, St Arnaud, 3478 or Ph: (054) 963-268.

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# A Fresh Look at Crop Rotation

## Part II

by Michel Porcher, Gisborne, Vic.

Since the middle ages — and earlier — careful farmers have recognised the importance of returning to the soil the nutrients that their crops remove. The same applies to home gardens. Last issue Michel explained the advantages of crop rotation and presented a simple illustration of the underlying principles.

The following example is a much more complex one, extending over at least six years and involving a much greater range of crops. Provided you keep the basic principles in mind the choice of crops can be varied to suit your own preferences and growing conditions.

### EXAMPLE TWO

In spring 80 buckwheat is sown on newly cultivated ground lacking fertility. It is allowed to reseed itself and a second crop is obtained. In autumn lupins are sown. These will grow through winter. Either of those crops can be wholly (grain/seed only) or partly (seeds from the best plants only, other plants turned in as green manure) harvested. The first two will have suppressed many weeds, increased considerably the organic matter level and improved the soil structure. All this will benefit the legume (lupin) which in turn will fix some nitrogen from the air that will benefit the following crop. In late spring 81 vegetables (or grain) can be grown. Let's consider tomatoes. These do not need a great deal of nitrogen, which is just as well because by that stage the level may not be high given the low original level and the fact that lupins are not the most efficient at fixing nitrogen. On the other hand they are good at recycling phosphorus, an element which is often

chemically locked up and unavailable to many other plants. They can do this thanks to some fungi living in harmony among their roots (association called symbiotic or beneficial to both partners). Buckwheat happens to have those properties as well. So the only critical element to worry about as far as tomato nutrition is concerned is potassium or potash. This can be applied as a mixture of short term and long term fertilisers such as wood ash, kelp and potash rock dust (i.e. feldspar). Of course compost will be automatically supplied in generous quantities as well. Following tomatoes a light feeder could be grown but if the level of organic matter proved to be rather low an optional step could be inserted here. A winter crop or green manure would do the job. Ryecorn would be a suitable green manure. Soya beans would follow happily and fix some nitrogen for the next crop, wheat.

Wheat will be harvested during the summer of the fourth year but before then some clover can be sown between the rows of wheat (in spring or summer, weather permitting). The benefit to the wheat will be marginal but as soon as the wheat crop is removed the clover will start growing and fixing nitrogen (depending on the time of the year or the weather, irrigation may be needed). As the clover grows happily a

First year	Spring 1980 Summer Autumn 1981 Winter	Buckwheat (two crops of buckwheat back to back) Buckwheat Buckwheat followed by lupins Lupins	
Second year	Spring Summer Autumn 1982 Winter	Lupins followed by tomatoes Tomatoes Tomatoes followed by ryecorn (rye/wheat cross) Ryecorn	
Third year	Spring Summer Autumn 1983 Winter	Ryecorn followed by soya beans Soya beans Soya beans followed by wheat Wheat	
Fourth year	Spring Summer Autumn 1984 Winter	Wheat/clover Wheat/clover Clover followed by Chinese cabbage Chinese cabbage followed by peas	A Possible alternative Wheat/clover Cauliflowers Cauliflowers
Fifth year	Spring Summer Autumn 1985 Winter	Peas followed by celery Celery/carrots Carrots followed by barley Barley	Cauliflowers followed by roots Parsnips Parsnips followed by barley Barley
Sixth year	Spring Summer Autumn 1986 Winter	Barley followed by tomatoes Tomatoes Tomatoes followed by vetches Vetches (legume for green manure)	

(Tomatoes should then not be grown in this bed before 1990)



heavy feeder can be transplanted amongst it. Here we consider two possible options one with a long growing period (caulis) and one quick grower (Chinese cabbage).

These two options illustrate periodical rotations as well. For instance we assume that wheat is grown on about a quarter of an acre or roughly 500 sq m, which would be a reasonable size for a grain crop used by an average family for one year.

Following the wheat/clover combination different kinds of heavy to medium feeders can be grown. In other words the entire grain area is replaced with a vegetable patch. In commercial situations three or four completely different varieties of two vegetables can be used. Three varieties of Chinese cabbage and three varieties of caulis, all nonhybrids, will keep the harvesters busy for a long period. The choice of adequate varieties is obviously vital.

The quick growing Chinese cabbage gives the opportunity to squeeze in two extra crops before a root crop can be inserted into the rotation. At the root crop level both options are synchronised again and we can go back to growing our beloved tomatoes. A winter crop or green manure of barley gives additional protection (preventative measure) against nematodes. This is grown before the tomatoes. It protects the soil from erosion during winter and recycles nitrates that would be leached away if the soil was left bare. By the time the tomato fruits are harvested the nitrogen level in the soil may well be low so a legume crop is absolutely necessary, a green manure made of legumes is even better. Any succession can be worked out from then on that will bring us to tomatoes again in 1990. Of course in the meantime tomatoes will have been grown elsewhere in the garden or on the farm.

When harvesting the leafy crops preceding the root crops in summer/autumn of the fifth year, the healthy outer erected leaves can be left on the plants to provide shade to the root crop seedlings struggling in the heat. If some of these leafy crops are selected for seed production they will grow on quicker. Once the root crops are up and away the leaves and roots can be pulled out and left on the surface as mulch. Again for the sake of diversity other root crops could have been used, salsify, scorzonera and so on.

Supposing that by the end of 1984 the ground was becoming compacted or was supporting a heavy population of pests of various kinds, a double digging would be most welcome as soon as the soil was in a workable condition (not too wet). In that case some crops would have to be sacrificed. Peas and celery in the first alternative, late maturing caulis in the second for instance. This would be costly initially but it would be a good long-term investment. This is the kind of hard decision that organic growers have to make all the time. Knowing or sensing what to do, when, is the art of growing biologically.

This series concludes next issue with some rotation do's and don'ts and notes on plant feed requirements.

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# PENPALS

Hi, my name is Melanie Chresczyk, and I am 8. I would like a girl penfriend between 8 and 10 years old from anywhere in the world, but particularly America or England. My hobbies include sport, stamp collecting, reading, collecting stickers, art and music.

**31 Durham Cres, HOPPERS CROSSING 3030.**

My sister and I would like to correspond with penpals from all over the world. We both enjoy sports, reading and music.

**Alexander and Mary Owusu, C/- Fred Anti, PO Box 580, Koforidua, GHANA, W AFRICA.**

Hi! I'm looking for penpals anywhere in the world but preferably not Australia. My name is Joel and I am 12 years old. My hobbies are storywriting, stamp and comic collecting, boating and reading.

**Joel Brooks, 5 Fraser St, QUEENSCLIFF 3225.**

Hi my name is Helen Simpkins and I'm 12 years old. My hobbies are netball, horse riding, swimming and writing. I'd like to hear from anyone of either sex or age from anywhere.

**MS 937, Lot 31, Tablelands Rd, ROSEDALE 4074.**

Hello! I would like to correspond with people from all over Australia and anywhere else. I'm in my 30s, female and love ceramics, reading, letter writing, music, gardening, animals and heaps more.

**Jen Williams, C/- PO, MARYBOROUGH 4650.**

Hi! I am 10 years old and looking for a penpal, between 8 and 12 years, anywhere. My hobbies are basketball, art, and I would like to play the flute. I live in Irian Jaya, Indonesia.

**Natalie Lazarevic, C/- Freeport Indonesia, PO Box 616, CAIRNS 4870.**

Hi my name is Skye Starkey. I am 10 and would like a penfriend of any age, male or female. I enjoy cooking and dancing.

**Lot 9 Gresford Rd, TREVALLYN 2421.**

I am a 21 year old male student and I would like penpals of any age in Australia. My hobbies include coin collecting, playing the violin and reading magazines.

**Krupe Bushan, Samuel Nilayam, Merjalguda, Malkajgiri-47, SECUNDERABAD, A.P., INDIA.**

Hi, my name is Jamie Chresczyk, I am 10 years old, and I would like a boy penpal 10-12 years old from anywhere in the world. My hobbies include athletics, animals, reading, collecting MAD comics, drawing, all music and computers.

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Hi, my name is Yvonne Whyte, I am 15 years old. My hobbies include riding horses, discos, parties and many sports. I would like male penpals from anywhere aged between 15 and 20.

**Linton, BARRABA 2347.**

Hi, my name is Amy Brinkworth. I enjoy riding horses, cycling and walking. I love animals and music. I will answer all letters.

**58 Lisadell Rd, MEDOWIE 2301.**

I am a 26 year old Chinese mestiza, and my hobbies are reading English literature, listening to music, cycling and cooking. I would like GR readers from anywhere in the world as penpals.

**Roxine Maniplis, 826 Pio Del Pilar St, DANA O CITY, CEBU, PHILIPPINES.**

I am a 25 year old Ghanian and my hobbies include table tennis, music, volleyball, photography and dancing. I would like penpals from anywhere.

**Lovellist Jackson Otu, PO Box 8137, TEMA GHANA, WEST AFRICA.**

Hi, I am a 23 year old Ghanian student and I love sport.

**Samuel Otu Kashif, PO Box 8137, TEMA GHANA, WEST AFRICA.**

# Circular Reinforced Concrete Farm Tanks

## Part I

Tanks are an essential component of the farm water supply system. We've had a number of articles on refurbishing old tanks, but have you considered building a new one yourself? Previous articles in the series have provided detailed information on how to select and mix the various materials and how to use concrete correctly in construction projects. Here's your chance to put all this into practice.

Concrete farm tanks are a traditional method of storing water for household use, stock water and irrigation on the modern farm. Properly designed and constructed, a concrete tank will provide years of maintenance-free service and will be a lasting investment. These plans and construction hints are intended to provide a guide to the proper use of reinforced concrete in tank construction; they can be used by farmers either to construct the tank with their own labour, or as a basis for a contract with concrete tank building firms.

### FEATURES OF THE DESIGN

The wall height is common to each size of tank with only the diameter varied to change the capacity (see figure 1). The capacity is based on a freeboard of 150 mm (6 in) from the top of the tank wall. The design is suitable for any area and will resist any likely wind or earthquake loading conditions. Dimensions of the tank-wall will suit standard formwork sections available from specialist formwork suppliers.

### BASIC PRINCIPLES

In selecting a reinforced concrete tank to store water, you should reasonably expect the structure to provide years of trouble-free and maintenance-free service — a lasting investment.

To achieve this, it is necessary to understand some of the basic principles behind the design of reinforced concrete structures, and then to ensure that these principles are actually achieved in the finished structure.

The designer of a reinforced concrete tank must first take into consideration the loads which will act on the structure — weight of the tank, water and other applied loadings caused by earth movements or wind. The type of foundation on which the tank will sit, and the fact that it is a water-retaining structure which requires special design considerations, must also be taken into account.

A structural analysis will then show where zones of compressive, tensile and shear stresses will occur in the structure and a design can be prepared indicating:

- member dimensions;
- reinforcement type, quality and location;
- quality of concrete;
- construction details.

The design takes into account the fact that reinforcement is used mainly to overcome the lack of tensile capacity of concrete. The following properties of the reinforcement are therefore all critical to the long-term performance of the structure:

- size
- proper location
- deformation on the surface, freedom from rust scale, and general cleanliness (which all ensure good load transfer between steel and concrete).

Reinforcement will *not* necessarily stop concrete from cracking under load, but properly proportioned members will

ensure that any cracks which do occur under load, or due to environmental factors, will be so narrow as to prevent any entry of moisture.

It is well known that steel will corrode in the presence of water and oxygen. However, when embedded in good-quality concrete which has a very high alkalinity and low water-permeability, corrosion of steel is virtually impossible. The depth of embedment (commonly known as 'cover') is simply the distance from the outside face of the concrete to the steel. It is important to ensure that the nominated minimum 'cover' is always maintained to ensure corrosion-free performance.

### MATERIALS

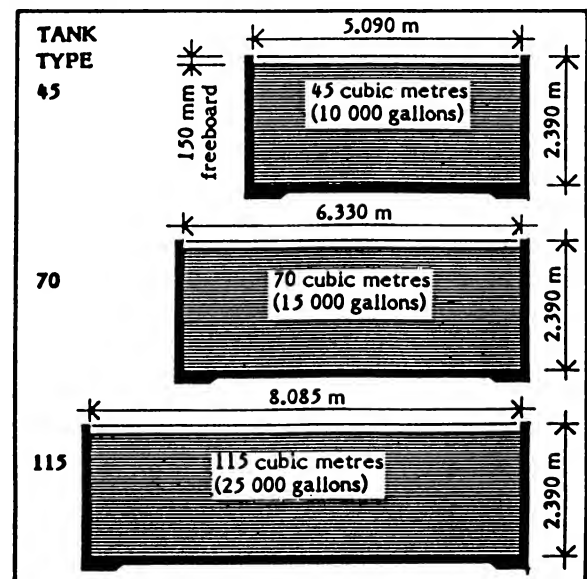
#### Reinforcing Steel

Reinforcing steel is manufactured either as bars or fabric (mesh) under strict quality control to relevant Australian Standards.

Bars required for the tank floor and walls can be purchased as deformed hot rolled ('Tempcore'), designated 'Y' (see figures 2-4). Bars should be located accurately in the structure on bar chairs and wired together to prevent any movement during concreting. Where it is necessary to join reinforcing bars, an overlap of at least 300 mm (12 in) should be provided and the bars wired together.

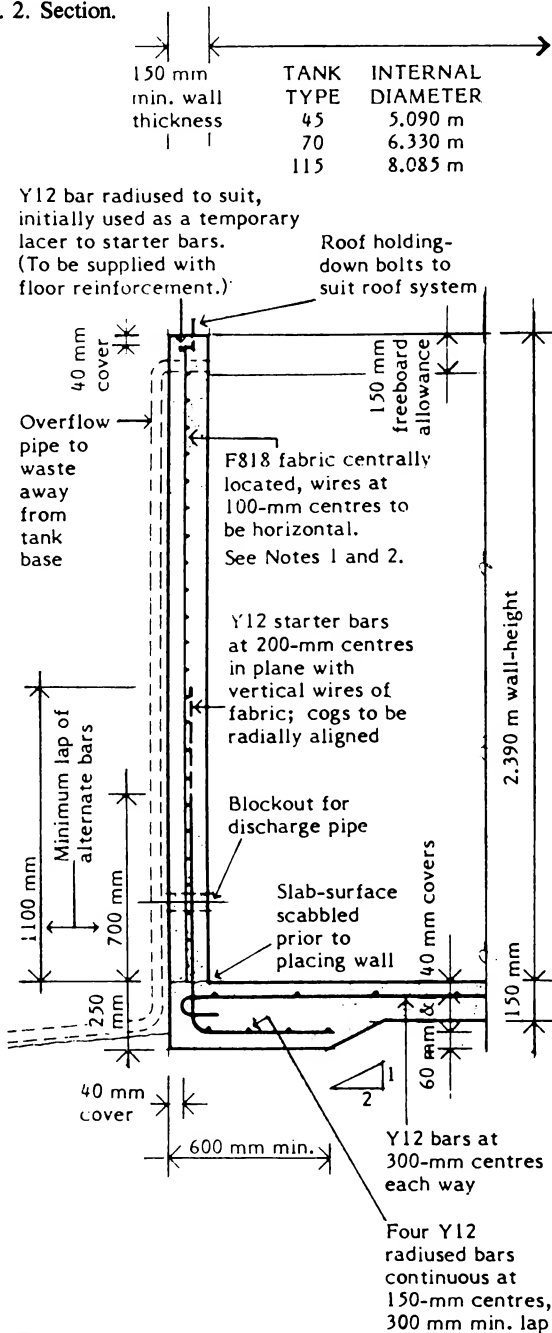
Fabric for the walls is available in sheets of high-strength steel wire, welded together in a specific pattern. The fabric required for the walls is F818, with the main 8 mm (<sup>5</sup>/<sub>16</sub> in) diameter wire spaced at 100 mm (4 in). The fabric should sit in the wall as shown in figure 2. Sheets of fabric are normally 6 m (20 ft) long by 2.4 m (8 ft) wide; they will therefore have to be cut (lengthways) to suit the wall height. It will be convenient to order the sheets flat and bend them on site. An

Fig. 1. Standard tank sizes.



## Materials and Construction Methods.

**Fig. 2. Section.**



## NOTES

1. Reinforcing fabric to be continuous along wall with minimum lap of 225 mm (9 in) measured on the position of vertical wires.
2. Reinforcing fabric cut to suit on site, positioned with flush-cut edge to the top and aligned to suit fixing requirements by manipulation on site.

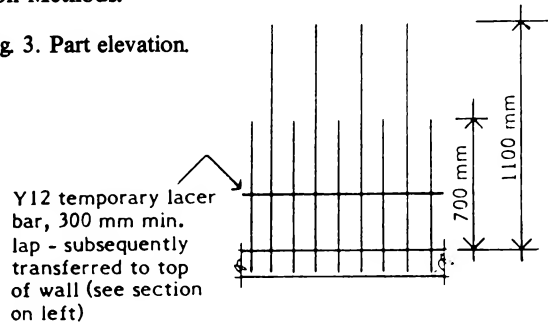
overlap of at least 225 mm (9 in) must be provided where sheets abut each other.

Reinforcement-manufacturing companies can supply all the steel — precut, bent and labelled — as a package on presentation of the standard drawings with the tank size and type nominated, eg '70'.

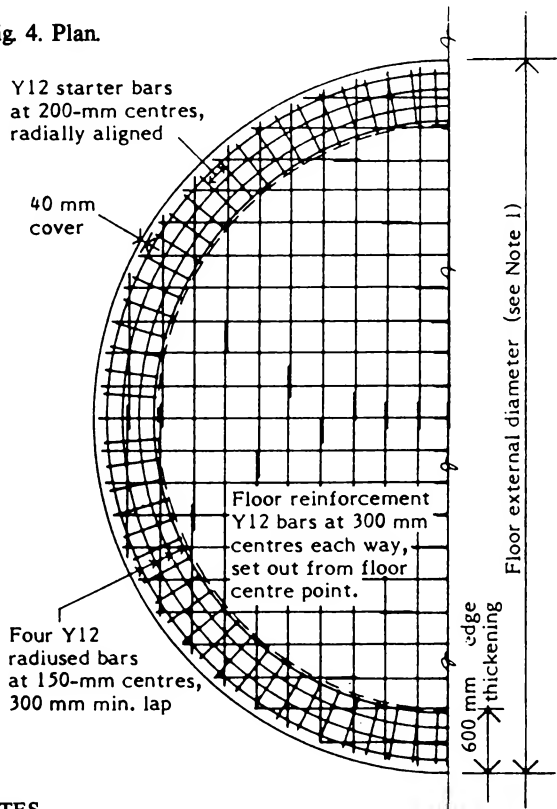
## Concrete

Concrete can be supplied either readymixed or site batched and mixed.

**Fig. 3. Part elevation.**



**Fig 4. Plan.**



## NOTES

1. Tank Type External Diameter
 

45	5.390 m (17 ft 8 in)
70	6.630 m (21 ft 9 in)
115	8.385 m (27 ft 5 in)
2. Wall thickness 150 mm (6 in) min.
3. Starters supported on bar chairs or concrete blocks (F'c 35 MPa min.) at 800 mm (52 in) max. spacing on each circumferential bar, staggered position on successive starters.
4. Floor reinforcement cut to length and supported on bar chairs or concrete blocks (F'c 35 MPa min.) at 600 mm (24 in) max. spacing both ways. Reinforcement to be supported in edge thickening area by tying leg of end hook to circumferential bars in thickened edge and vertical leg of starters where practical.

**When using readymixed concrete the following mix should be ordered from the supplier:**

- strength: Grade 40 (40 MPa)
- maximum aggregate size: 20 mm (8 in)
- slump, floor: 80 mm (3 in)  
wall: 100 mm (4 in)
- cement type: Portland Type A
- maximum water/cement ratio: 0.5
- minimum cement content: 360 kg per m<sup>3</sup> (800 lb/yd<sup>3</sup>)

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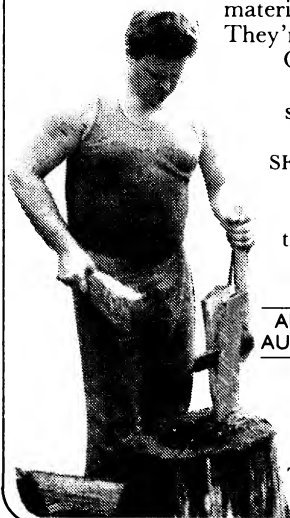
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- DURABLE:** The "Everyday" is sturdily built of galvanised iron, the outer case is sprayed silver and a top of baked black enamel.
- COMPACT:** There is nothing cumbersome or unsightly about the "Everyday", which is only 24 inches high and 13 1/2 inches diameter with a 6 inch long chrome plated spout.
- STAND:** A tripod stand 6 inches high is available as an extra.

OBTAINABLE FROM: R. A. Williams, 358 Centenary St, Albury, N.S.W. 2640 Phone: (060) 21 5469

Please send ... Chipheaters @ \$135 each including P&P to:

Name: .....

Address: .....

Set-retarding admixtures may be required in hot weather conditions.

If site-batched concrete is to be used, it should have the following proportions by volume:

- 2 parts coarse aggregate
- 1 1/2 parts fine aggregate (sand)
- 1 part Portland cement Type A

Further guidance on the selection of materials and batching procedures can be obtained from previous articles in this series:

*Materials and Mixes for Concrete on the Farm* (GR64, p. 69)

*Batching and Mixing Concrete on the Farm* (GR65, p. 63).

### Formwork

Tank dimensions in the standard design have been selected to comply with readily available steel formwork panels, normally 600 mm (2 ft) or 300 mm (1 ft) wide and 2.44 m (8 ft) high, which are available on hire from specialist formwork suppliers. This does not mean that you cannot use other types of formwork systems, but further advice should be obtained if an alternative is to be used. The diameter of the tank can be changed to suit the formwork system available, but no other dimension should be altered. Note that a change in diameter will change the reinforcement quality; your supplier should be advised.

Table 1 Materials quantity summary

Tank	Concrete Quantity (m <sup>3</sup> /yd <sup>3</sup> )				Full Sheets Fabric (No.)
	Floor	Wall	Total		
45	4.00/5	5.90/7 3/4	9.90/13		3
70	5.87/7 1/2	7.30/9 1/2	13.17/17 1/4		4
115	9.17/12	9.28/12 1/2	18.45/24 1/2		5

Tank	Standard Formwork Panels (No.)			
	Inside		Outside	
	600 mm (2 ft) wide	300 mm (1 ft) wide	600 mm (2 ft) wide	300 mm (1 ft) wide
45	26	1	28	-
70	33	-	34	1
115	42	-	43	1

The conclusion next issue will cover the correct methods of making and filling your concrete tank.

### HANDY HINT

Fresh sprigs of mint under the carpets and in the cupboards will deter mites.

## CRYPTIC GRASSWORD

Continued from page 45

T	R	A	P		T		B		D	R	A	W
R		B		D	R	I	L	L		E		E
I	D	L	E		A		A		T	E	A	L
P		E		A	M	A	Z	E		L		L
	W		A		P	I	E		M		A	
T	O	M	B	S		M		H	E	A	D	S
	R		O	A	K		S	O	T		D	
S	T	O	U	T		N		E	A	G	E	R
	H		T		D	O	G		L		R	
A		F		S	E	W	E	D		E		S
L	O	O	M		A		R		E	X	A	M
E		R		S	T	A	M	P		I		U
S	A	M	E		H		S		S	T	A	G

# USING GARDEN CHEMICALS

by Jeff Hodges, Holland Park, Qld.

The very thought of using artificial chemicals in the garden is anathema to most 'organic' or 'natural' gardeners, but is there a way to use our chemical technology in the garden, and yet still maintain a 'natural' approach?

I have very often questioned and criticised the overuse of artificial chemicals in the garden, and have developed gardening techniques which minimise their involvement. Used with wisdom and discrimination, however, our modern technology can be a great boon to the gardener.

Our society could not survive without chemicals. We require chemicals for industry, mining, manufacturing, transportation, energy and communication to name a few. In fact, we ourselves — our bodies — are merely combinations of chemical elements, requiring for our continued existence the regular intake of essential chemical elements and minerals.

Yet there is no doubt that the chemical knife can (and has in the past) cut both ways. Many people are treated each year for chemical poisoning — either through direct contact or by accidental contamination of food or water. Often, the environment has had to suffer the consequences of our mistakes. Unfortunately, as with any technology, our chemical technology has been misused at times. What is needed rather than outright rejection of chemical technology — whether it be in the garden or in the medicine cabinet — is mindful discrimination and meticulous care in its use.

Essentially, it is a question of contexts. Are there contexts, even in a natural garden, where the use of chemicals is acceptable and justified? I think we should try to get away from the notions of 'right' and 'wrong', and evaluate each situation on its merits. To do otherwise is to set up a system of inflexible rules whereby we become dogmatic and stagnant.

Some areas in which I see our chemical technology providing useful assistance in the natural garden are particularly in the areas of soil testing, evaluation and improvement of soil pH, structure, and composition, as well as the replacement of plant nutrients and correction of mineral deficiencies. In some instances there are no suitable organic alternatives to the chemical fertilisers and, used in moderation and following proper recycling and land management techniques, such as composting, green manuring, fallowing, crop rotation and so on, there would be little need to repeat such application more frequently than every 4-5 years, if that.

In addition, one cannot deny the ease of application of the chemical fertilisers, particularly on the larger scale of the farm situation. Further, even though I avoid their use near my food plants or my native trees and shrubs, I believe a herbicide used as a path weeder or along a fence-line, is often the only way to remove those niggling tufts of grass or weeds which grow in the minutest cracks, and are almost impossible to remove by hand. There is no question that this also does save the gardener an awful lot of time and effort.

Weeds in the garden itself I find are very simply controlled by mulching, and the occasional 2-3 hour hand weeding session once every six to eight weeks is all that is needed to maintain even the largest suburban garden. Weed


growth can also be minimised by planting your crops and flowers just a little thicker so as to shut out the light and nutrient supply to the weeds.

As for insecticides, I personally do not use any — either a so called 'natural' insecticide such as pyrethrum or garlic, nor a more artificial chemical insecticide such as DDT. My action here is based on my belief that insects are invaluable to you in the garden (see *Understanding Insect Problems*, GR's 57, 58, 59). I see little difference in killing insects 'naturally' or 'chemically' when both are based on the erroneous premise that insects are bad for the garden.

By taking such commonsense steps as keeping the garden clean, and encouraging the insects' natural predators such as birds and lizards, and by planting a large variety of vegetables, flowers and herbs to break up the garden, I have found insects only a very minor occasional problem — and certainly not one which deserves all the effort and expense most gardeners are wont to place on it.

Certainly, if you do choose to use insecticidal sprays in the garden, then at least you know what, when, and how much you have used — which is not something we are privy to when buying vegetables and fruit from a greengrocer or supermarket. I think there is no doubt that chemicals designed for home garden use are much less toxic than those produced for agricultural purposes, and this fact, together with the control of application in the hands of the responsible gardener, means a much safer and more environmentally sound use of chemical technology.

Jeff Hodges is the author of *Harvesting The Suburbs, a Natural Approach to Backyard Gardening*, available directly from Jeff at: 23 Macklin St, Holland Park 4121. \$14.95 including postage.



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# HOMEMADE SOAP

## Part II Troubleshooting

by Marion Boetje, Brooweena, Qld.

Remember the old adage 'cleanliness is next to godliness'? Most of us have been taught that keeping clean is a moral obligation, but creating and using your own soap can make it a pleasure rather than a chore. Marion's previous article outlined the basic methods — and precautions — for soapmaking.

If in making your handmade soap, you followed all the directions carefully you should have had no problem. However, occasionally things just don't go right, so I've put together a few tips to help diagnose the reasons for any problems you might have had.

### SEPARATED MIXTURE

If your soap separates so that the fats rise and the caustic sinks, it may be because you added the caustic too quickly. It should be added in a thin stream while you stir continuously. Separated soap can be persistently determined to stay that way. You need to be just as determined and keep stirring it back to an even consistency. Stir it well again after it has traced (reached the stage when a small amount trickled over the mixture leaves a trail or 'trace' on the surface).

Soap also separates if the temperature of the oil and lye are not the same when mixed.

### BRITTLE, GRANULAR SOAP

If the soap is granular, brittle and crumbly when cut, you haven't stirred the mix sufficiently (OK, so I know you stirred forever and it was late and you wanted to go to bed but you can't get out of that stirring). Stir the soap continuously. Stir it like custard, don't beat. Stir it for at least  $\frac{3}{4}$  hour. It should have traced by then.

However, if you got sick of stirring, or didn't believe me and ended up with crumbly soap, all is not lost. There are several ways of dealing with it.

- You can use the bits. After all, it's still soap.
- You can try cutting it with a coping saw, very carefully, and you'll salvage a fair bit.
- You can chop it roughly and cure it for four weeks. Then you can put the pieces through a mincer or grater (I use an electric grater) and make soap powder. Don't put uncured soap through a mincer. Metal parts will corrode and the machine will clog up. Having made soap powder, you can use it in the washing machine or you can put the powdered soap in a saucepan and remelt it on low heat, stirring all the time. You can't escape the stirring, so it's best to stir well in the first place! Remould the soap and it should cut well when it is set.

I use my soap powder in the washing machine all the time. Only occasionally do I add a little commercial soap powder for the extra punch needed for greasy overalls.

- Make jelly soap. This is a good way of using under-stirred soap or soap pieces. Mince or grate well cured soap into a large saucepan. Add water. Melt and stir. Keep adding water as the soap melts until it is the texture of light custard. Pour into wide-mouthed jars or dishes. This soap is nice scented with eucalyptus oil. It can be used as toilet soap or for washing clothes.

### TEMPERATURES

As well as mixing temperatures needing to be controlled, the setting temperatures are also important. The setting soap should not cool down too quickly. An old esky is ideal for setting soap in Australian winters. Once the soap is in the moulds, place the containers in the esky and leave for one or two days until ready to cut.

In my early days of soap-making, with only American books to guide me, I got over-keen on temperature control and put my soap in an esky, covered it with a blanket and put it out in the sun. The result was a ghastly, oily, glutinous mess! Just an esky is fine. Once cut, cure the soap in an airy place. It should be trouble-free by then unless you have, like we have at the moment, scrub turkeys who'll go to any lengths to get a feed of soap. They devour any soap scraps they find anywhere, even coming right up to the house.

### CUTTING

You need to choose the best time to cut your soap. It varies with the weather conditions but generally two to three days after making it is about right. If it is too soft, it is too sticky to handle and if it is too hard, it will break up as you cut.

### MOULDS

Just a word here on moulds. Of course, use nothing metallic. A shoebox lined with plastic is OK but it is difficult to cut such a great slab of soap. Milk cartons make great moulds. The waxy surfaces release the set soap readily and the carton just tears off leaving a good-sized bar which can be sliced to pleasantly-shaped cakes. For more expensive, exotic soaps small straight sided yoghurt containers can be used. Also don't forget soap on a rope — a football shape moulded around a piece of cotton rope makes an attractive gift.

There are really lots of ways of using less-than-perfect or almost-failed soap, so don't panic if all you have is a heap of soap crumbs. Just gather them up and recycle. Or offer them to the turkeys!

Part III next issue will present ways of varying the basic soap recipe to create interesting effects — for particular purposes and special occasions.

"Why were you born? The purpose and meaning of your life on earth. Further information is available in different languages.  
UNIVERSAL LIFE, dept. E,  
P.O. Box 5643, D-8700 Wuerzburg,  
West-Germany"

# The Untouchable Bee Hive

by Colin Donaldson, Bray Park, Qld.

Sometimes you will find a hive that you can't get near — as soon as you go to smoke it or lift the lid (wham!) you've been stung 50 times through your overalls and anywhere else they can get that sting in.

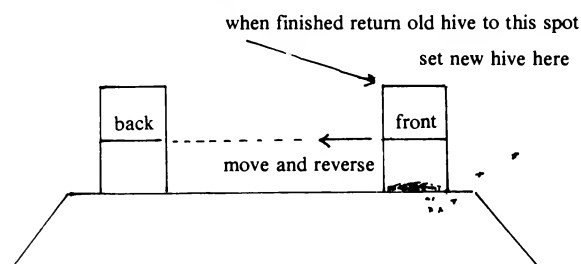
When this happens usually all hell breaks loose: you drop the smoker, trip over the lid and head for the house screaming for someone to shut the door and windows; it sure is frantic for a while — even the dog can't understand why he's being flogged by the fly swat and being stung at the same time.

Your enthusiasm is somewhat dampened but the aroma of that pure fresh honey wafting in the breeze keeps beckoning you back . . . mainly to put the lid back on the hive to quieten them down a bit.

Now the reason for the hive being so wild could be that you had greasy overalls, or a felt hat will set them off, but you can just about bet it's the queen. If you haven't re-queened your hive in the last two years then you can be sure that the hive has swarmed and the bees have produced a new queen for themselves. This queen and her offspring will be genetically further removed from the original line of Italian, Caucasian or whatever you started with. A queen mates from 10 to 17 times on her mating flights, so you can be sure that she will not mate with all of the same kind. Each time this happens the bees become wilder and so the bees that were quiet last year may be a curse this year. Remember bees are like any other livestock — you need new blood, as the saying goes, to obtain the best results.

Now, to get into that hive without too many stings, first move the hive to the left or right about 1.5 m (3-4 ft) and completely reverse the entrance.

Moving hive for requeening.



In its place put another empty hive with a few frames in it so the returning bees have somewhere to go. Leave this set up for about an hour or so, this will enable the field bees to leave the main hive and to return to the empty box, leaving the queen and nurse bees in the main hive. The field bees are the ones who cause the problems.

Finding the queen and checking the brood should be no problem now. Remember: don't kill the old queen until you have first obtained a new queen, and killing the old queen is best done one day before the introduction of a new queen.

Place the hive back in its original position after you have finished with it and all the bees will return. Happy beekeeping.

If you'd like any more information about beekeeping or just want to chat call in and say hi at the Dayboro Butter Factory Country Market or write to PO Box 440, Strathpine 4500.



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(No stamp required)

or ring: (071) 942496

# Listen to Short Wave

## Part II

by Steen Steenstrup, Gunalda, Qld.

Now that you've mastered the basics of short wave radio (Part I, GR 61) you can learn about some aids that will make your radio listening just a little better. You need a proper antenna and an accurate record-keeping system.

### ANTENNA MAKING

Just as you can go fishing with a hand line, safety pin and a piece of bread but the person with the proper rod and line, the right hook and bait and all the other gear is much more likely to get a better catch, so it is with antennas, the good ones will catch weak stations better. A shortwave signal from a transmitter is beamed up to the ionosphere and then reflected down again by a layer called F2 (something like a superball being smashed hard onto the floor in a large room, then bouncing from floor to ceiling) until it reaches your receiver. It is minute particles of energy, so the better the 'net' or 'line' that you make, the more of the little beggars you will hopefully catch.

There are so many different types and kinds of antennas that you can make yourself and so many books written on the subject; write and ask some of the main broadcasters, they will send you booklets to help you on that subject.

An easy way is to hook up a TV aerial to the radio, one wire to ANT and the other to EARTH or the frame, and just turn it in different directions.

### The Long Wire

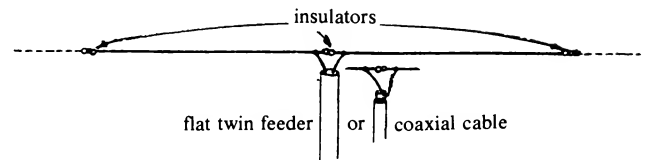
A simple type of antenna is the Long Wire, a long piece of multistranded wire (I use the kind electricians put into houses as earth wire) — it need not be insulated except where you connect it. From the radio, try to get through the wall using a small plastic tube, like an old ballpoint pen to contain the aerial, then, not too close to the gutter or the metal roof, out to a tall pole and an insulator, from there to another pole as high and as free as possible. At the far end run it over a pulley, with a brick or something similar tied to it as a counterweight to keep it tight.

To improve this antenna later, you could build an aerial tuning unit in a small box and connect your antenna and earth in one end and to the radio in the other. Your friendly radio/TV man will help with the two or three parts necessary. Many antennas are quite good mounted inside a room under the ceiling, if it is not possible to get them outside. If your radio has a telescopic antenna, fasten the Long Wire antenna to it with an alligator clip — what a difference!

### The Dipole

Here is one for the handy person. A wire is suspended between two points, as high and free as possible, well insulated at both ends. The exact centre is cut, the wire is bared and some form of insulator is placed there so the ends don't touch each other. The feederline could be a flat TV ribbon. Split and bare that wire, twist it onto the wires on the antenna, and solder them together (figure 1). Let the feeder line hang in a gentle curve from that point into the radio. The

Fig. 1. Dipole.



important thing here is that the length of the wire depends on what you want to listen to. The exact length for the different meter bands that you have selected is:

Meter Band	Length	
11	5.53 m	(18 ft 2 in)
13	6.57 m	(21 ft 7 in)
16	7.90 m	(26 ft)
19	9.14 m	(30 ft)
25	12.00 m	(39 ft 4 in)
31	14.63 m	(48 ft)
41	19.81 m	(65 ft)
49	23.16 m	(76 ft)

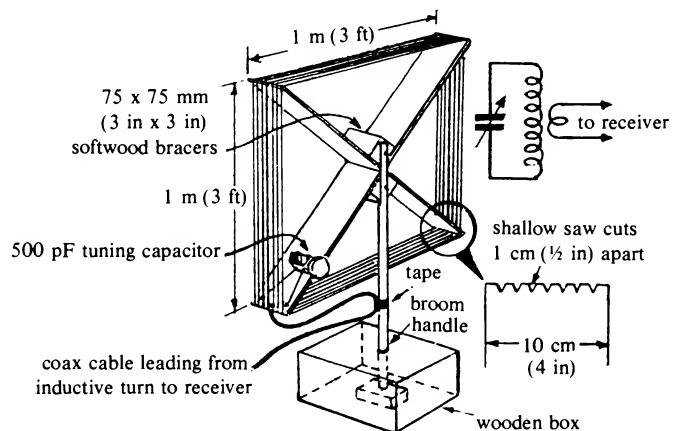
This is the total length of the antenna. It works best side-on to the incoming signals.

For example say you mainly want to listen to Germany (Radio Deutsche Welle) on 15.205 kHz, that's on the 19 meter band, from the table given in the last article. So between two trees, two poles, house and pole or whatever, in a north-easterly/south-westerly direction, you hang up a wire aerial 9.14 m (30 ft) in length, cut in the middle, insulated and soldered connections, with the proper plug hooked up to the radio. Any signal from 15.100 to 15.450 kHz will be received well. All other transmissions will of course also be heard, but may not be as strong.

### Loop Antenna

This is a special antenna, as I promised earlier, for those of you who do not have short wave on their radio, or do not want to use it for some reason. It is a Medium Wave Loop. It has 7

Fig. 2. Medium Wave Loop.



turns of wire (5 or 6 turns for higher frequencies) around a wooden framework as shown in figure 2. The ends of the wire are connected to a 500 pF tuning capacitor. Another wire is wound around the centre turn and then goes to a coax cable, running to the aerial and earth sockets on your receiver. The length and width is approximately one metre, but that is not critical, 5 or 10 cm difference doesn't matter, though it will look better if both sides are the same.

You can turn the loop until you pick up a station and find its direction or bearing by 'nulling it out' (turning in either direction until you lose the signal). You'll find the tuning is very sharp with this antenna, and you should be able to block out interfering stations just by turning the loop slightly. It may be easier to use if you sit the broom handle in a box, fixed to something at the bottom to stop it slipping. I have used one that I made, upside down, hanging from the ceiling, as long as it can turn round 180 degrees. You need to do that, when you are searching for a station and want to null one out in preference to another.

Please remember, the seven turns of the wire — thin, multistranded and/or insulated — goes from the capacitor's body round and round to the connection of the moving plates on it. The single turn in the middle goes to the radio receiver's antenna and earth. You may find you need to tighten the wires from time to time because they'll stretch.

Again, your friendly radio/TV repairer may be able to help, perhaps even with an old capacitor that he had lying around. With this antenna, you may be able to hear many interstate radio stations, I have heard most of them in NSW, Victoria and some from SA, from here in Queensland.

The best ever I remember, was a radio expedition to Coolumb Beach, some years ago. A friend of mine had a very expensive receiver that was very selective as well as sensitive, and that particular morning, with a loop, we found and listened to a local medium wave broadcast from Czechoslovakia, and I believe he had it confirmed from the station.

## KEEPING RECORDS

All the broadcasters will be very happy to receive reports about their transmissions, the reward is usually a card (called a QSL card) from them. One game is: how many cards can you get in a month or a year; another one is: the weakest signal from furthest away. This is where record keeping is important. Set up some sort of log book and fill it in every time you listen.

Make sure you include this vital information: date, time (it must be UTC or local time) frequency (you will hear that at the end of the program), some details (15 to 20 minutes) of what was said or played and also tell them the kind and type of radio used. It is interesting for them to know who the listeners are and how they are receiving.

My personal best QSL card came to me after I had received a program, mainly music, from the radioship *MS Mebo*, moored in the English Channel, illegally, and broadcasting, also illegally to England and Holland. The transmission was on the low power of only 10 kW, directed purely for local consumption. The funny thing about it was that I had to write to a PO box in Zurich, Switzerland to get the card, because the English and Dutch governments were not exactly thrilled to have pirate radios in their backyard.

The layout of your log book (an old school book will do) could be something like this:

Date	Time	Freq.	Station	S I O	Remarks
7-2	0700	9655	Australia	4 5 3	Eng. news

The SIO bit is a code of how to tell about the signal: S = signal, no. 1 to 5 is its strength, 5 is strong and 1 can just be heard. I = interference — 5 means none, down to 1 as it gets worse. O = overall merit — is it easy to listen to? Five, if bad down towards 1 as it gets better. If you can identify an interfering station, your broadcaster will like to know, when you write to them.

There's still a lot I don't know about shortwave radio, but it's been great fun finding out this much. You'll find that you're learning all the time, just by doing it or by sharing ideas with other folk who are interested. Someone else may be able to let us know some more interesting discoveries or correct some of the things I've said. I'm always ready to learn.

Here are a few addresses to write to, if you hear their transmissions. They are taken from *The World Radio TV Handbook*, which is published yearly and may be in some libraries:

Australia — Radio Australia, GPO Box 428G, Melbourne 3001.

England — The British Broadcasting Corporation, Broadcast House, London W1A 1AA, UK.

Japan — Nippon Hoso Kyokai, 2-2-1 Jinnan, Shibuya-ku, Tokyo, Japan.

USA — Voice of America, United States Information Agency, Washington, DC 20547, USA.

USSR — Radio Moscow, Moscow, USSR.

The Vatican — Vatican Radio, Vatican City, Italy.

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# THE PERFECT FEED BIN

by Irene Maxwell, Woodend, Vic.

Supplying good quality feed to your horse is a priority at the end of autumn through to mid-spring. Having clean, vermin-proof containers to hold expensive grains, pellets and chaffs is also a priority. The right container makes your life much easier and more trouble-free than the wrong container. Wrong containers? I've wrestled with a few wrong ones over the years, and their main faults, to my mind, condense down to these basic design flaws:

- The bins are too deep.
- The bins are too high.
- The lids are too heavy.

The first means that unless you have extendable arms or a scoop on a long handle, a lot of feed will be wasted by lurking inaccessibly at the rear of a deep bin. As it (the feed) spoils and moulders, so too does it degrade the quality of feed 'topped up' over it. The second is guaranteed to give you the feeling that you're about to be cut in half as you lean precariously over the (invariably) sharp lip of the high bin struggling to get to the feed at the bottom. Once again, feed is likely to be left at the bottom to become mouldy and dusty, being too far down to be easily reached. The last can be the bane of any stable slave: those massive lids perched shakily above you as you reach in to retrieve feed can fall without warning, crashing down on your back, your fingers, or whatever else is in the way at the time. None of these three basic faults in feed bin design is pleasant, or easy to work with.

My handy spouse has made what I consider to be the perfect feed bin — it's cheap and easy to make, durable, vermin-proof, easy to use, easy to move, and it's not so big

that you need to purchase 4 or more bags of feed just to be able to reach the stuff.

You will need:

- 44 gallon drums. Look around tips, and at clearing sales, local small goods auctions or garage sales. Select bins which have not contained flammable liquids or gases, or poisons. Have bins cleaned thoroughly (until water runs quite clear).
- Access to an oxy-acetylene welding unit. Ours is quite a few years' old now, but still incredibly handy to have and to be able to use around any sized holding. The reason you want the 44 quite clean inside now becomes clear: if there are any flammable gases or liquids remaining in the drum, they will explode with considerable force when you apply the oxy to the drum! Be aware. Be careful.

The top section of the drum is cut off using the oxy equipment (figure 1). Grind off any sharp pieces of metal along the new rim and, if you wish, fit a length of split garden hose over the cut edge for extra protection. The section you've cut off can be discarded if not required, or you may use it to make a lid. Make several vertical cuts in the sides and bend them outwards a little so that the lid will fit over the top of the bin (figure 2). A handle can be simply made from another short length of 19 mm (¾ in) garden hose and screwed to the lid.

Any bag of feed, except for the very large chaff bags, can now be placed inside the drum. There is no feed wastage, since only enough can be bought at any one time that will go into your bins. No more back-breaking, finger smashing, or gut crushing! As many bins as you require to adequately supply yourself with feedstuffs can easily be created in an afternoon, very cheaply — if you shop around for bargain 44's.

Fig. 1. Making the perfect bin.

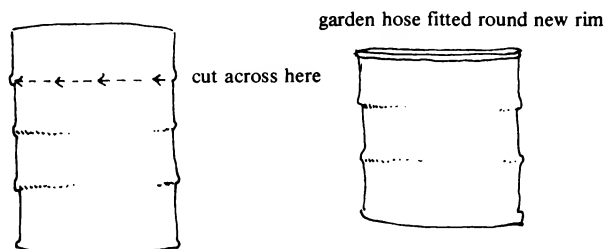
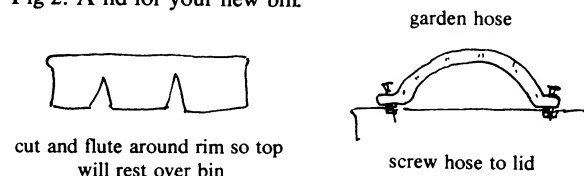


Fig. 2. A lid for your new bin.



## COMFREY COUGH REMEDY

Boil 12-25 g (½-1 oz) of crushed comfrey root in 1 litre (2 pt) of water until it is reduced by a quarter. Drink a small glassful when needed.



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# There are Alternative Ways

by Carolyn Beard, Biggenden, Qld.

I would like to tell you about Kevin, our 13½ year old son. It all began about five years ago in 1983, when we moved from Darwin River to Melbourne to be with Bill's brother, who had leukaemia. Up till then Kevin had never complained of any pains. But by June '83 he was constantly 'sore'. I was sick of that word. Our GP just couldn't understand what was wrong. It wasn't a normal appendix — different place each time. We saw a specialist a couple of times but still the pain persisted. Kevin was admitted to hospital a couple of times but recovered quickly, only to come home and be 'sore' again.

In August they decided to do an exploratory operation. The surgeon removed Kevin's appendix and found a small cyst the size of a little finger nail and they believed this was probably the cause of his pains. After that he felt a lot better.

We then moved to the high country at Tongio West — a lovely few acres with beautiful views, but unfortunately not the right place for us. Kevin's problem persisted. The outside of his scar healed but inside he was still 'sore'. Through the grapevine we found a naturopath just out of Bairnsdale and he placed Kevin on comfrey tablets straight away to heal him inside and that helped. He also placed him on Kition, Liton and Uriton and Silica to help his kidneys, liver and urine excretion. He also found that Kevin had cysts in his genital region, and so we realised he had more cysts than just the initial one. He continued on the course of Silica to dissolve the cysts.

1984 was an uneventful year, he progressed well at school and moved to high school early, only just 11 years old. He loves school and sports and enjoys participating in everything. So when the swimming carnival was coming up he practised each morning even though the water was cold. I took both the children and Kathryn improved too. Kevin competed well in the carnival in Feb 1986 and loved every minute of it too. But within days he was home again and very sore. We placed him on tablets again. He had a chill in the kidneys. He didn't go to the toilet properly for ten days and we became very anxious and impatient so we took him to the Omeo Hospital where he was admitted and stayed for 5 days. He had blood tests, X-rays etc. but they couldn't find anything wrong with him. So back home again. He had spent a lot of time off school in 1985 and we realised that the cold weather had a lot to do with his health and Bill's back problems. We had to make a move up north again to the warmth.

We placed the house on the market and packed our belongings into tea chests in Kevin's room, bought a van in Melbourne and started travelling again. Between Sydney and southern Queensland both children contracted chickenpox but otherwise Kevin was much better. By August we arrived in Cairns and he began feeling very sore again. We had tablets sent up from Bairnsdale, but we had to do something a bit more immediate. We found a herbalist in Cairns who was able to pinpoint Kevin's troubles and gave him some herbal homeopathic drops and a higher dose of Silica to dissolve the cysts. Kevin spent the next few weeks passing pieces of cysts each day and improved wonderfully. We continued travelling even though he was ill and everything went OK. Both children

were doing Correspondence School work again and both did as well as before. If Kevin had been at school he would have missed a lot again. When we went back to Cairns he had more medications. Unfortunately the herbalist then moved to Port Moresby and we moved towards Bundaberg to find land here. We sold our property in Victoria and bought 3 acres in Dallarnil with a house on it that needed a lot of love and care.

We have found a naturopath in Bundaberg who is continuing Kevin's treatment of Silica, Cantharis, Berberis vulg. and Echinacae and Golden Seal. We are ever so thankful we found the naturopaths we have and glad we found out now when he is young. He still has to be very careful and keep warm and is unable to play any contact sports but other than that he is much better. We live in hope that one day all these cysts and kidney troubles will go away but until then we live day by day, thankful that we can ease his pain.

I apologise if this seemed very long winded but it's a relief to have written it down. I hope this gives some hope to other cancer sufferers. There *are* alternative ways, thankfully.

## UPDATE

Since I wrote to you in June last year Kevin had been on homeopathic medicines almost continually and then in November he passed about a dozen kidney stones. They were extremely painful and he was a pretty sore fellow for a while. He passed one more in early December at school and since then has had no more troubles at all.

With the naturopath's help we had to find out what kind of stones they were (calcium I think), fix that up and he has been fine since. He had a trouble free holiday and has been at school each day this year. As the naturopath says, 'Now starts the hard work of keeping them away'. Thought you would be interested in this as a postscript. It is nice to hear a happy ending story isn't it.

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To remove pet hair from clothes, carpet or furniture, wipe over the area with a cloth dampened with vinegar and water. This picks up the hair quite well.

From *Inneraction*, Sept-Oct 1985, PO Box 180, Kingswood 5062.

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# Down home on the farm...

by Megg Miller.



There is an unpleasant pall of smoke hanging over us despite the clear sunny day. No, we haven't been burning leaves or litter and neither have the neighbouring farmers been firing their stubble prior to cropping. I simply put a crumpet in the toaster and walked away and forgot it. For at least 15 minutes. What disgusted me the most was that I could smell the damn thing burning but passed it off as something windborne from the nearby tip. I've opened doors and windows and I've shaken teatowels in an effort to dissipate the smell but no, it's going to hang around for days as an unpleasant reminder of my forgetfulness.

Burning food seems to be a family habit, a skill we've each developed through regular practice. There was one bad week a few years back when all the pots and pans had been burnt black and we were forced to eat salads until the least damaged ones 'softened' and could be cleaned. We had no problems in the old days when we cooked on our antiquated wood stove because you could move the saucepans around till you found the right spot, however age has taken its toll and the little stove would require major surgery before it was usable again. And with the hours I work both in the office and with the poultry it would be nigh impossible to keep it going. Now that we've gone all modern and have a gas cooker we're all inclined to forget how hot and how fast it cooks. Lentils and soy beans are definitely the worst casualties and you can just about bet that the moment they are put on, the phone will ring and several carloads of visitors descend upon us. Lost in earnest discussion over which chook has the best beak or strongest colouring, it's too late when the tell-tale pong drifts by. The prize though goes to David who many years ago managed to burn a steaming chicken until it resembled nothing that had ever lived. He'd put it to cook on the gas ring in the caravan for a reason that now eludes me, and gone on over to the office for a few minutes. Somehow we became entangled in a long and fierce argument on whether he was a practical person or not. Knowing full well he wasn't — and still isn't — I'd drawn out several winning examples (or so I'd thought) but he'd pooh-poohed them all and stamped off. Five minutes later he'd sheepishly reappeared — 'You know my chook?' he groaned, 'Well that's it you could smell...' It took weeks to clean the mess out of the boiler and months to rid the caravan of its acrid stench. And the argument — for once I think I bolted it in.

Amidst this friendly aroma of burnt toast and soup and lentils and chicken we've been having intense family discussions. Home for the week with a bad cold, Sunshine suddenly announced that as from the end of this term she wanted to come home from school each weekend. Spending one's adolescence in an institution was no way to grow up, she'd

decided, and in being a full time boarder she had been missing out on family life and growing away from us. 'We hardly know each other any more!' All this from the person who'd decided *she* wanted to go and board full time — she hadn't, after all, been sent away by us.

We were aware Suni had felt unsettled this year but had put it down to a combination of adolescence and adjusting to the many changes that have occurred at the school. We'd been attracted to the school initially because the push for academic achievement had appeared secondary to caring life-skills and pastoral care and the staff at both the school and the boarding house had appeared fine examples of people living by Christian values. This year the school has moved into beautiful new buildings which of course have to be paid for, and the student numbers have increased significantly, particularly in the boarding houses where some of the kids joke that it will be double bunks next. The school shows worrying signs of developing into a stereotype of the typical high achieving city school.

It's an incredibly big step to hand over your child's emotional and spiritual growth to another, which is what happens when a child spends as much time away as a full time boarder does. It's really saying we have the utmost confidence in the values expressed and the nurturing you will give our child. Last year it all worked for Suni, this year it's just not. We were incredibly lucky that the former house mother was an archetype mother — loving, nurturing, consoling, a friend, advisor, someone who would set rules and discipline fairly and see they were carried out. She was also of the same age as most of the students' mothers so was a reference figure as well as substitute mum. Mrs D helped Suni make the transition from home to boarding painlessly and confidently and she's missed her dearly. The new house mother is a caring person too but she has had less experience with the age groups, and that added to the increase in numbers boarding means less personalised care. We're not the only GR parents whose offspring attend boarding school; there are a surprising number whose children also live away from home because of isolation or inadequate facilities and who share our concerns and worries. It won't always be easy or convenient to make the double trip over and back every weekend, and it will certainly be harder when we move to the farm, another hour away, but you don't have children if you're not prepared to compromise or put yourself out.

I've alluded yet again to our proposed 'move to the farm'. 'When?' people ask, 'Aren't you tired of waiting?' The answer has to be yes and no. With the office being here and so much of our lives over the years having centred around it, it's been really hard to see beyond these rented five acres. Because of

the sheep and cattle David has had to visit and work there regularly, though there have been many times he should have been there but some crisis in the office demanded his attention. With all my poultry plus the hours I work in the office it's been hard for me to find time to allocate to the farm so I've been content to just drift along here, irritated certainly by its many shortcomings but too busy and too entrenched to plan for the future. Now the time seems right to start shifting focus and put some energy and direction into getting over there. The cleaning up David mentioned last issue is part of it, we've really accumulated the most amazing amount of things over the years — building wood, roofing iron, a spare toilet, pot belly stoves, a tank, dozens of automatic poultry drinkers, bee hives and a portable extractor, plus many chook houses and posts and wire for their runs and spare gates and doors and . . . it just goes on and on. It would be easier to put a match to it all and start again but the cost would be crippling. We've talked about moving so many times now that even Suni is sceptical, but this time it feels more real. And when it rains here and the roof starts leaking it feels even more real. Now as to our proposed house . . . well yesterday when we weren't speaking it was two places again, so housing is obviously going to continue to be a sensitive and controversial issue for some time. No doubt we'll look back on all this many years hence and wonder what on earth we were on about!

Occasionally in this column either David or I mention a forthcoming event or perhaps a special bird or animal we've been tending, and then fail to follow the story up in subsequent issues. Later when we meet GR readers we always find them bubbling over with curiosity. What happened to the pig or the dog or whatever? they ask. Sorry, we tend to overlook the fact that people read and wonder about our farm news and so it's a surprise to realise people are waiting for the next instalment of an animal tale.

I do have a sequel this issue to David's little story about Ping our ringtail possum, but before getting into it let me say that possums do not make good house companions, regardless of how beguiling they are. If you remember, Ping had come to us from a neighbour and was too small and too skinny to cope outside even in the relatively protected environment of an aviary. I kept promising David 'just another few weeks and then out it goes', meanwhile every night was a battle for survival. It loved me and would spend half the night fussing over me — sniffing up my nose, around my eyes and mouth, nestling under my neck and burrowing into my hair. The ultimate gesture of its devotion would be a little piddle on my nightie. I'd stagger out each morning with tiny scratches all over me (Ping had learnt to bypass David — not enough hair to lose itself in and definitely poor sport when it came to possum games), worn out from the night's 'play'. When Suni and I left for a few days away after Easter we lectured David on possum care but one night he left the bedroom door open and the little fellow disappeared, presumably via the chimney. We were furious with David and spent nights searching the verandah and trees but alas, no sight of Ping. We'd like to think it was living happily around the place but its size and dependence on hand feeding and milk leave us doubting. Although they are awful pests to raise there is something heart tugging about their bewhiskered, saucer-eyed faces and

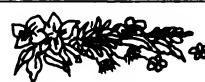
monkey-like hands and feet.

I haven't got onto any of our doings yet, any of the activities on the farm or the birds or animals, but they are all there, plodding along slowly. We have another little Highland calf, a sturdy woolly lad who has already developed a liking for turkey mash. He and his mum follow me around drooling, getting in my way as they try and steal the poultry offerings. Our sheep numbers have been reduced — we're selling off the crossbreds so that soon we'll just have the stud Drysdales, part of the rationalisation program — and it's time for me to get busy and sell some of the birds I bred last spring. By now they're half to full grown and looking wonderful, and of course I love them all. Still, the feed bill has to be paid and I need to remind myself that I'm reducing overall numbers in anticipation of the famous move.

It's been a lovely relaxing day for writing — so often in the past I've gotten myself into such a dither that when I've written I've not enjoyed it. Today has been dull and cloudy, the sort of day that makes one happy to hole up inside, whereas if it's sunny you're dying to be out and about. These days when I have to write I retire to the caravan, it's my den and spiritual haven and a place I can go to knowing I won't be interrupted. I can sit and think or work, and forget for a while that there are chook houses to be cleaned, ironing to be done, a magazine to be finished. It was Virginia Woolf, wasn't it, who made popular the idea of 'a room of one's own', and there's a lot to be said for it. Modern life being so full and fast I think we all can benefit from a space we can call our own, children included. Even if it's just a table in the corner of a room it's somewhere to sit and be with oneself. And for some of us it provides an opportunity to mentally reconcile our differences, process the day's events, think of loved ones, smile about our joys and be thankful for living in a peaceful world of plenty. I think I can hear a deputation of poultry beating at the door, demanding their tea, there are two bright eyes and an upturned nose tentatively pressed against the window and I suspect my helpers have let the lounge fire go out. There is pleasure in being by yourself but also pleasure in knowing you're wanted and needed and are important in the lives of others. No man is an island — and no woman is either!



#### HANDY HINT



Here is an old recipe I found for keeping picked wattle flowers fresh. As soon as you've cut the stems, place them in boiling water and leave them there until the water is quite cold. Then add ½ tsp of alum to fresh water in a vase and arrange your flowers.

## HERPES HELP

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# Recent Releases

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This page is to become a regular feature of the magazine, where we will present information about newly published books that we feel will interest readers. Included will be details of prices and publishers, so that you'll then be able to go to your local bookshop and order any of the books mentioned here. We will no longer be distributing books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

## **THE MAKE-YOUR-OWN COSMETIC & FRAGRANCE BOOK FOR AUSTRALIANS — Elizabeth Francke.**

The revised edition of this very popular book has even more to offer those who want to save money, avoid harmful ingredients and improve their appearance by making their own skin care and beauty products. Recipes are a mixture of oldfashioned wisdom and modern discoveries, and most of the ingredients are surprisingly easy to find in your own kitchen or garden. The emphasis is on natural herbal preparations — soaps, shampoos, lotions, creams and fragrances. Not just a collection of recipes, the book is enlivened by lots of little anecdotes and the author's memories of childhood advice from her grandmother. P/b, 179 pp, Aust, Simon & Schuster, RRP \$19.95.

## **A-Z OF NATURAL THERAPIES — Judy Jacka.**

Here is a practical compendium of natural therapies, showing how they can be used to treat a wide range of specific illnesses and ailments. The author, head of the Southern School of Natural Therapies, discusses the main causes of chronic disease and the natural therapies that can be used as alternatives to or alongside conventional medicine. She then describes individual disorders and the particular treatment of diet, vitamin and mineral supplements, herbs and homoeopathy designed to suit each patient's needs. The aim of these treatments is to go beyond the immediate causes of illness, examine the whole person and promote the innate healing force within. P/b, 333 pp, Aust, Lothian Books, RRP \$19.95.

## **THE POTTER'S MANUAL — Kenneth Clark.**

A thorough introduction to the craft — and art — of pottery making, this manual begins with the basics of the various types of clay and the numerous techniques for making useful and beautiful objects of your choice. It also covers the many ways of decorating your pottery, methods of firing and essential tools and equipment for the potter. There are numerous step-by-step illustrations to explain the various techniques, and beautiful colour photographs of finished work to inspire you to further creative effort. Although the book is English, most of the equipment and materials mentioned should be available here, and a list of Australian and NZ suppliers is included. P/b, 208 pp, UK, Macdonald Orbis. Distributed by Macmillan, RRP \$29.95.

## **QUILTMaking — Susan Denton & Barbara Macey.**

You may never aspire to create any of the beautiful quilts illustrated here, but the clear diagrams and step-by-step instructions on the basic techniques of quilting should inspire you to try some simpler designs of your own. Two experienced craftspeople have combined to produce a very helpful handbook on all aspects of the craft, from selecting material and creating your design, through the various construction methods, to a number of projects that you can try for yourself. Make your own family heirloom, something to be treasured for its usefulness as well as its beauty. H/b, 176 pp, Aust, Nelson. Distributed by Penguin Books, RRP \$35.00.

## **BEAT PMT THROUGH DIET — Maryon Stewart.**

For all those women who suffer from the multitude of symptoms which make up PMT, this book has valuable advice on what causes it and how to gain longterm relief. Nervous tension, weight gain, breast tenderness, headaches and irritability are just some of the problems that can be reduced or avoided by following the recommendations on diet, exercise and alternative therapies contained in this very helpful book. The essence of its message is that you can take control of your own health. P/b, 239 pp, Aust, Angus & Robertson, RRP \$12.95.

## **THE COMPLETE BOOK OF RAISING LIVESTOCK AND POULTRY — Katie Thear & Dr Alastair Fraser.**

This is an impressive looking book which has detailed chapters on a wide variety of livestock — how to choose, raise and care for them. It deals with poultry of all types, as well as sheep, goats, horses, cattle — even rabbits! The book is very well illustrated and the material is clearly presented. The major drawback is that the information relates to Britain and therefore much of it may not be relevant to Australian conditions. Some of the breeds may not be available or appropriate here, stock-keeping methods and even diseases are quite different. You need to have a thorough look at it to make sure that the price is justified. P/b, 224 pp, UK, Pan Books, RRP \$29.99.

## **THE GOOD FOOD BOOK — Des Buchhorn.**

This book shows how to find the diet plan suited to your individual needs. No single diet is right for everyone, so it's important to have all the information necessary to work out your own nutritional requirements. The author explains the basics of good nutrition, then outlines the Pritikin diet, how to lose weight, how to test for food allergies and how to balance a vegetarian diet — lots of useful material if you're trying to work out what's best for you and your family. Practical, down-to-earth advice. P/b, 238 pp, Aust, Nature & Health Books. Distributed by Allen & Unwin, RRP \$9.95.

## **MARKET TO MARKET — Robyn Doble.**

If you love the challenge of bargain hunting in weekend craft or trash and treasure markets but you're not sure where to find them, this is the book for you. It is a detailed guide to Victoria's weekend markets, with information on location, main types of goods sold and who to contact to find out anything else you may want to know. The book is clearly set out and lists markets under several headings — trash and treasure, seconds, handcrafts or home produce and produce/variety — to help you find exactly what you're looking for. P/b, 158 pp, Aust, Five Mile Press, RRP \$9.95.

## **ANZ COMPLETE SELF SUFFICIENCY HANDBOOK — Sally Gordon.**

This book is intended for those people who are just starting out on their first venture into self-sufficiency. It offers the beginner advice on all aspects of basic farming, gardening and animal care, as well as hints on collection and storage of food. Although some attempt has been made to adapt the material to Australian conditions (particularly the lists of books and organisations at the back), the illustrations and much of the information seem to relate more to the book's origin in England. The title is therefore somewhat misleading, and you will need to examine it carefully before you buy. P/b, 224 pp, Aust, Doubleday. Distributed by Transworld Publishers, RRP \$24.95.

## **TREASURY OF HOME REMEDIES — Myra Cameron.**

This book is a mine of information on remedies — ancient and modern — for all kinds of ailments. The author has collected material from all over the world, drawing on the wisdom of folk medicine as well as recent scientific discoveries. Causes or origins of each problem are outlined, then suggestions are given for different methods of treatment — diet, vitamin and mineral supplements, massage, acupressure and a variety of folk remedies. The book does not set out to replace conventional medicine, or recommend any particular treatments, but is intended simply to provide information for those looking for alternatives to standard medical practices so you can make your own health care choices. P/b, 342 pp, USA, Simon & Schuster, RRP \$19.95.

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**PORT MACQUARIE AREA** between Wauchope and Comboyne Plateau. 250 acres hilly rural retreat, excellent valley views from crests. Pocket of rainforest, suit goat, sheep farm. Urgent sale required. \$35,000. Ph: 065-626-898 AH.

**NYMBOIDA** white water country. 64 acres, established community near school, shop. \$18,000 ONO. House block ¼ acre, power, water, shed, nice view. \$14,000 ONO. Ph: 066-494-169.

**UPPER EDEN CREEK** near Kyogle, 240 acres freehold, rainforest regrowth, slopes and valley, creek access. \$48,000. Send SAE to: TAENI, BARKERS VALE 2474. Ph: 066-897-231.

**WINGHAM GLOUCESTER** area. 40 acres, log cabin, power, phone, school bus at gate. \$51,000. Further details 063-663-097.

½ **SHARE** of very attractive land in coastal ranges, 30 min Port Macquarie. Rainforest, grass-tree forest, creek flats, mountain side. Chemical-free kiwi fruit orchard and nursery, ideal retreat/conservation/tourism, or combination. \$95,000. Ph: 065-858-278.

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**COMBOYNE NTH NSW** 80 acres picturesque land mostly very steep, 5-10 acres level on top, great views, good access. \$35,000. Ph: 049-622-467.

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**MACLEAN-WOODFORD IS.** 80 acres, timbered, hilly, creeks. 2B/R stone house, workshop, carport, adjoins state forest, fenced two boundaries, own power and water, phone, 35 mins to Grafton, 15 to Maclean, 25 to beach. Couple divorced, must sell, \$69,000. Write Toni York, Lot 4, Richardson Rd, PARKERVILLE 6553. Ph: 09-295-4009.

**140 ACRES 3B/R** home nearly completed plus smaller cottage, two dams, phone, 17 km Grafton. \$65,000. Ph: 066-447-773.

**TWEED VALLEY** magnificent views. 4 ha, permanent creek. Power, telephone available, school bus. \$25,000. Ph: 03-386-0051.

**MID NORTH COAST NSW** attractive farm-let, 100 acres, close to schools and beaches, north of Taree, 36 km off Pacific Highway, 3B/R old style fibro home. Good fences, cattle yards. Further particulars phone Brisbane 07-206-8378 AH.

**BERMAGUI-COBARGO** area, 52 acre share of 112 acres of secluded bushland bounded by Narira Creek and national park. 2B/R mudbrick cottage, solar powered; partially completed 2 storey poleframe and tile roof house, mudbrick workshop and mature orchard. Good access road, 10 minutes to Bermagui beaches. \$78,000. Ph: 064-936-600.

**NORTHERN NSW** — Nymboida 179 acres secluded bushland, 46 km south-west Grafton, well built council approved timber mudbrick stone, split-level house, many features. 30' x 20' shed suitable for living, studio workshop, chook shed, large fully enclosed vegetable garden, good water supply, dam, 6000 gal storage tank, many taps, house wired for solar and 240 volt, hot water system, 1000 gal rainwater tank, septic, great views, abundant wildlife. \$78,000. Write to Irene Van Den Driesschen, RMB Martin Rd, NYMBOIDA 2460. Ph: 066-494-201.

**WAUCHOPE AREA** 467 acres. 25 miles west Wauchope. 50% cleared, balance open forest and rainforest. Lush valley with permanent creek. Large 3½ bedroom house with septic, power, phone. Large stockyards, dairy bails, 40 sow commercial piggery, chook pens, sheds, etc. \$380,000. Ph: 065-874-284.

**COUNTRY COTTAGE**, sound construction, wood and ripple, 2B/R, HWS, wood and elect stoves, hearth fire, garage, chook house, on ½ acre, natives, fruit trees, water. 3 mins bus, shops, 25 mins from Orange, \$28,000. Ph: 063-645-338.

**11 HECTARES** — 22 years chemical free farming, no aerial spraying, ½ cleared, ½ rainforest. Adjoins Whian Whian State Forest, some fruit trees, permanent creek frontage, beautiful gravity spring water. 3B/R home, additions need some finishing, 2 garages, electricity, telephone, septic, school bus, Huonbrook via Mullumbimby 2482. Ph: 066-840-144.

**FARMLET FOR SALE** at Tabulam. 160 acre freehold, two cottages, permanent creek. Good for multiple occupancy, big hay shed, piggery, dairy and bail. 6 concrete water tanks, school bus one mile down the road. Electricity and phone, reasonable land rates, carries a dozen cattle. Ph: 066-663-537.

**NAMBUCCA VALLEY 4B/R** on 5 acres, lounge, separate dining room, eat-in kitchen, W/I pantry, bath, sep. toilet, extra shower and toilet in laundry, 2 garages. \$98,000. Ph: 065-696-187.

**100 ACRES HOBBY FARM.** 4B/R house, dam, fully fenced, 3000 radiata pines, 2 car garage, stables. Coonabarabran NSW. Ph: 068-421-570.

**40 HA (100 ACRES) FH.** 33 km Grafton, frontage to permanent soft water in beautiful Kangaroo River. Rural power, telephone connected, sealed road, school bus, mail delivery. Subdivided 5 paddocks, 50/50 timbered/cleared, small stock yards, ¼ acre irrigated farm plot river bank, private fishing. Large strong shed/living quarters. 10,000 gal rainwater, reticulated river water (automatic pump) young orchard, solar heater, septic, enclosed homesite (for future building), gardens, grape vines, wonderful views, excellent climate, good soil. Owner leaving interstate, wants quick sale \$75,000 ONO. B. Whale, PO Box 861, GRAFTON 2460. Ph: 066-494-183 AH.

**ACRES 100.** 24 km east of Coonabarabran. 2000 cubic metre farm dam constructed on each block. Good undeveloped land. Numerous stands of pine for log cabin building. From \$16,000, 10% deposit, balance over 3 years @ 10% reducible interest. Other repayment arrangements available. Sydney 02-389-6463. Coonabarabran 068-422-269.

**BUSH BLOCKS FOR SALE** — in the forest between Eden and Bombala. Wilderness area with plenty of water. 40 acres from \$22,500, 2 bigger blocks left P.O.A. Ring Nancy on 047-841-020, or write 'Bush Blocks', PO Box C63, Clarence St, SYDNEY 2000.

**NORTHERN NSW** 100 acres of rugged natural bush hideaway. Isolated yet is 15 minutes to township of Tabulam. Abundance of natural building materials. Vendor finance available at bank interest rates after 50% deposit, \$22,000 or will negotiate on cash settlement. Ph: 07-393-3980.

**NORTH COAST** 10 acres. 28 km from Grafton. Cleared with 2000 pines 5' tall (on 5 acres). Fenced, permanent water. Irrigation, power avail if needed. No permit to live in 30' x 20' new metal shed. Perfect position, freehold. Private sale \$36,000. Write 12 Maud St, GRAFTON 2460. Ph: 066-426-355.

### QUEENSLAND

**7 ACRES UNULATING** land 16 km from Noosa. Fully fenced house site, levelled with magnificent valley and mountain views. 2 rainforest areas containing small dams, 6 square fully self-contained, semi furnished dwelling plus carport. \$70,000 ONO. Ph: 071-428-886.

**RODDS HARBOUR** 60 mins south of Gladstone Qld. 1.5 ha (3.7 acres) allotments 40 mins to Great Barrier Reef. Power, phone, bitumen roads, ideal mariners retreat, top investment. Priced from \$14,000. Fauna protected area, surrounded by national parks. Phone 079-742-155 for brochure.

**ROCKHAMPTON AREA.** 1 acre, fertile soil. Rockblock homestead, verandah around. 3 B/R, solar H/W, mod. kitchen, excellent bore water, rain tank. Close service station, school, bus. Secluded bush setting. \$74,000. Ph: 079-340-272.

**30 ACRES TARA Redland Estate.** Cypress pines, ideal private retreat. Urgent private sale \$15,000. Ph: 097 611-965.

**SELL ½ SHARE** in 75 acre property Silver Valley via Ravenshoe Qld. Full river frontage. Rough shelter. \$18,000. Ph: 066-897-203.



# GRASSIFIEDS

## PROPERTY FOR SALE

### QUEENSLAND

**GYMPIE. SECLUDED 57 ACRES** freehold hilly bushland, small A-frame house on slab. State forest 3 sides. Phone, solar power, concrete tank, wood stove, hot water, shower, permanent dam, easy access. 11 km south of Gympie. \$65,000. Ph: 02-476-1149.

**ABSOLUTE BEACH FRONTAGE** block on Bruce Hwy. Broadsound Coast. Unspoilt area. \$18,000 ONO. Ph: 079-560-179.

**30 ACRES** western Darling Downs. Close Tara/Chinchilla. 30 x 20 steel framed shed on concrete slab, liveable, three years old. Tree studded (oaks, pines, ironbarks), large dam. Suitable holidays or alternative lifestyle. \$17,000 interest free owners' terms available. Ph: 07-271-3425.

**WISH TO SELL OR SWAP** 1½ acres Natalgan Valley Bundaberg Qld, 2 B/R home, 30 established fruit trees, vegie garden, back shed, 2 excellent bores, rain tank, bus service, power, beautiful views, for secluded freehold title rainforest acreage N/E NSW Kyogle Mullumbimby etc and cash, clean permanent flowing creek, NE aspect, fertile soil. Irene Dawes, C/- PO, YANDARAN 4673. Ph: 071-761-398.

**MT PERRY** west of Bundaberg picturesque, unpolluted, fertile soil, permanent creek, 90 acres (\$30,000) and 147 acres (\$25,000). Phone Greg 071-774-139.

**POMONA KINKIN** 10 acres bush block large log cabin, 3 dams 360° views. \$28,000. A Samut, C/- PO, POMONA 4568.

**20 ACRES PEACEFUL** rural living. Comfortable timber lined cottage, council approved. Potbelly, wood stove, HWS. Selectively cleared, partly sown to pasture. Quality fencing, sheds and yards. 2 dams. Irrigated tagasaste trees, gravity feed to garden. Dozer with hydraulic blade, tractor and implements. \$48,700. Ph: 076-951-144 BH. PO Box 118, MILLMERRAN 4357.

**ROSEWOOD MOWN 10 ACRES**, 1 km township, railway, easy commuting Ipswich Brisbane, good soil suitable small crops, horses, children, good road, fenced three sides, no water or electricity. \$20,000. Ph: 07-375-5004.

**BEAUTIFUL SUB-TROPICAL** block near Bundaberg. 40 lovely level acres of good timber and large ferns. Creek runs across block. Power this year. Low rates. School bus every day. 20 mins from Rhules Beach. \$24,500. Ph: 07-351-3133.

**SUGAR COAST HINTERLAND** 2261 m<sup>2</sup> land on edge of picturesque village, mature macadamia and mulberry trees, beautiful views over Mary River to Mount Bauple. Was \$12,000 now \$8000 Ph: owner 071-283-089 after 5 pm.

**FOR SALE 5 ACRES** Nanango south east Qld. \$8000 ONO. Ph: 079-744-108.

**POLE-FRAME HOUSE** in forest setting on 43 acres, power, phone, slow-combustion stove, HW, 5000 gal rainwater tank, septic. Mezzanine sleeping floor, verandah, outdoor living area. Fully fenced, creek, dams, shed, electric pumps, irrigated gardens, orchard, greenhouses (260 sq m). 15 mins from Gympie towards Tin Can Bay. \$130,000. Ph: 071-833-797.

**SUNSHINE COAST** and hinterland 5 acres starting from \$8000 most lots close to country town, power, phone, virgin soil, tall trees, some selectively cleared, self sufficiency suited. Right in the heart of the citrus capital of Australia. Lots from 100 acres to 200 acres starting \$18,500. The best alternative lifestyle blocks on the market today, handy to town, magic tall trees. Phone 071-477-310 AH.

**TIMBER HOME 5B/R**, gas and elect, wood, gas stove, well fenced, handy town, very quiet. \$25,000. Geraldine Kent, 6 James St, MOUNT MORGAN 4714.

**PALUMA RAINFOREST RETREAT** ¼ hour Townsville, 3B/R spacious home surrounded by handmade rock wall, peaceful, cool, many extras. \$50,000 or swap acreage with dwelling. Ph: 070-970-209.

**COASTAL ACREAGE** 40 acres of lush market garden soil surrounded by national parks. This property boasts lily covered water holes, tall timber and only mins from true surf beaches and fish filled creeks. Power and phone available. \$29,500. Ph: Gil 071-726-314.

**NANANGO SUGAR COAST QLD** solar powered house on 8 acres plus gas H/W, fridge and stove. 3B/R and cathedral ceilings set amongst towering ironbark trees, overlooking a large dam. Privacy and seclusion assured in this western red cedar clad home. 15 mins drive to Kingaroy, reluctant sale at \$58,000 ONO. Glen Traill, PO Box 31, KINGAROY 4610. Ph: 071-623-056.

**KINGAROY 5 ac** natural bushland, town water, power, phone, bitumen road, near TAFE college and golf course, 5 minutes town. \$16,500 ONO. Ph: 071-630-361.

**5 ACRES FERTILE SOIL** 2-3B/R house in quiet Darling Downs town. School, pub, PO/shop, power, phone, irrigated 1 acre, small orchard, pigsty, smokehouse, chookery, suit organic grass roots type, also large workshop. \$42,000. Ph: 074-681-746.

**COASTAL CABIN** 40 acres with tropical fruit garden surrounding log cabin with picturesque views of coastal hinterland. Mins to isolated surf beaches and national parks. \$25,500. Phone Craig 071-713-273.

**BLACKBUTT TOWN AREA** gardener's delight. Fully furnished low set, hardi plank house. 3 B/I bedrooms, lounge, eat-in kitchen, combustion stove, laundry, bathroom, toilet, sewing room, patio, garage, sewerage, town water, power, phone, redloam soil, creek, irrigation, 130 mixed fruit trees, vegetables, rotary hoe, ride-on mower, sprayer. \$65,000. Ph: 071-630-361.

**SE QLD 100 acres** open forest, easy access, 5 min Crows Nest, 30 min Toowoomba, good road, \$22,000. Also 305 acres adjoining permanent water \$44,000. Ph: 076-981-551.

### WEST AUSTRALIA

**MOLLOY ISLAND AUGUSTA**. 3 storey, Cape Cod style home. Near new on ½ acre, amongst blackboys and natural bushland. 4 S/U, c/port, bore and rainwater tank. Most furnishings. Close to sheltered boat mooring and tennis courts. Access to Island via car ferry. \$69,950. Ph: 097-581-958.

## VICTORIA

**UNIQUE ROUND MUDBRICK** home, nearing completion on 26 acres in East Gippsland. 8 ac cleared, rest bush, permanent river. \$66,000 neg. P. Bartlett, C/- PO, CLUB TERRACE 3889. Ph: 051-583-237 AH.

**EAST GIPPSLAND** near Ensay. 40 ha bush \$45,000. Beautiful setting, choice of location, flat to hilly, lots of potential. Visitors welcome. Contact 051-573-281.

**WEDDERBURN SHOP** and dwelling, large block, council approved \$55,000. Ph: 054-943-505.

### SOUTH AUSTRALIA

**KALANGADOO** on one acre. Rural retreat worthy of inspection. Comfortable 3B/R home, extra large kitchen, lounge, new bathroom, laundry, sunroom, toilet, enclosed verandah, slow combustion heating. Set amid numerous mature fruit and native trees, providing complete privacy. Very fertile soil, fully equipped bore, poultry run. Affords semi self sufficiency. Kalangadoo offers most services, i.e. school, rail, shops, sports centre. 30 mins drive to Mount Gambier and Millicent. Bargain priced at \$59,000 ONO unfurnished, \$64,000 fully furnished. Ph: 087-393-188.

**HAWTHORNEDENE SA** 7 acres with views up and down St Vincent Gulf. Overlooking Belair National Park. 3B/R family double brick home, slow combustion stove and solar water heating, 2 bathrooms, family room, large lounge, dining, open fire, laundry. Verandah all round, under cover patio with fantastic views. Garden and fruit vines etc. 2 large sheds, rainwater and mains. This property is only 8 miles from Adelaide and handy to all facilities. All enquiries phone 067-336-814.

**CARPENTER ROCKS** near Mount Gambier SA, 32 ha (79 acres) beautiful natural bushland on coast. Good fishing area. Price \$30,000 ONO. Ph: 087-254-480.

### TASMANIA

**TASMANIA** — South Franklin, overlooking Huon River estuary. 2.8 ha sloping land, cleared, part fenced. Large shed/cool store, suit conversion workshop/dwelling. Elevated building sites, small dam, town water available. 3 ph power, school bus, close services, some fruit trees. Pte sale \$33,000 neg. Ph: 07-892-2429.

**LORINNA BEAUTIFUL** secluded valley, NW Tassie. 20 acres adjoining lake, 7 cleared. Small sturdy shack, wood stove, hot water, house tank and 5000 gallon storage tank. Local community co-op, nearby Buddhist farm. Joins state forest. Sell with regret \$20,000. Ph: 03-417-7473.

**UPPER STOWPORT** 65 acres, 20 mins Burnie, regional city. Well timbered with eucalypt 10 years to mature. Some blackwood, sassafras also. Two permanent creeks, large dam, 5 acres cleared. 15 m x 7 m slab, power 800 m away, private access. School and shop close. \$41,000. Ph: 004-376-118.

**ST MARYS** Tasmanian east coast. Five acres, shed, power, timbered and cleared. \$9000. Bruce Davis, C/- PO, RHYLL 3923.

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## PROPERTY FOR SALE

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### TASMANIA

**TASMANIA MOLE CREEK** near Deloraine, 36 acres, has hut, all facilities plus 2 sheds, power available. Good building sites, privacy yet close to village. Good aspect views, access, fantastic soil. Fenced large garden, and dam, 6 years growth, fruit trees, mostly good bush, 5 acres clear. Suit family set up to build. Asking \$30,000 ONO. Ph: 066-578-193.

**FLINDERS ISLAND** alternative living or holiday retreat, 100 acres of native flora, fauna with superb views taking in mountains, plains to sea. 15 minutes beach, 25 minutes town. Living quarters attached to large workshop, separate bungalow, solar lighting, tanks, dam. Site cleared for permanent dwelling, HEC power available. \$32,000. Ph: 003-599-769.

**2B/R HOUSE** 15 acres, permanent water, fenced, good out-buildings, power, phone, 1 hour Hobart, Derwent Valley area. Top farming country suit alternative lifestyle. \$38,000 ONO. Ph: 043-693-455 nights or weekends.

**ULVERSTONE RURAL** 5 acre farmlet, 4B/R maintenance free home. Elec and wood heating, some furniture and stock included. Permanent creek, dam and springs. \$49,000. Ph: 004-291-357.

**SISTERS BEACH** house nestled among huge banksias near unique forest. ¼ acre site borders crown reserve, creek frontage. Village surrounded by national park. Open plan kitchen/living/dining, 2B/R, sundeck. Located in one of Australia's most beautiful areas. Power, phone, 36,400 lt concrete tank (full), pressure pump, 30 mins to Burnie, near shop, school bus. \$39,000. Ph: 004-581-117.

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## PROPERTY WANTED

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**COUPLE WITH** two children and animals looking for land or share of, with cabin or house, water and good access to \$30,000 between Taree and Port Macquarie. Contact Sue or Geoff on 02-673-1930.

**5-50 UNPOLLUTED** acres mid-north coast NSW. All weather access, power, phone, good soil, spring/creek. Will consider virgin bush; partly cleared; or with house. Ring Brian 03-758-6160 AH/Sunday.

**SMALL HOME** or farm with electricity for couple and child, Gympie area, October onwards. Please reply Ray Pearce, 8 Blythewood Way, HEATHRIDGE 6027.

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## COMMUNITIES

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**THIRTEENTH SHARE** in Kangaroo Valley. 357 acres, upper river area, northeast facing slopes, multiple occupancy application submitted to council. 15 mins from town/school. Electricity available. Women, children, families encouraged. \$14,000 for share. Phone Dee 042-840-387 AH, or write 15 Marlo St, TOWRADGI 2518.

**MID NORTH COAST** Comboyne area fifth share of 640 acres beautiful secluded valley bordering on nature reserve, permanent creek with good swimming holes. 10 mins school bus, 20 mins shops. \$14,000 ONO. Ph: 02-569-6594.

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# GRASSIFIEDS

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**FOURTEENTH SHARE** for sale 30 miles west of Eden NSW, 12 miles from Vic border, mountain views, benched house and garage sites, small cabin dry shelter as temporary dwelling for intended builder. DA for multiple occupancy. Site for good dam. Benched road to basalt quarry 300 metres away. Good access to main road. Total acreage 525 acres. \$15,000. Ph: 064-967-197.

**MUDBRICK HOUSE** newly built, septic, electricity, hot water, for \$29,000 on 5 acre share in 170 acre community, 13 km from Denmark, surrounded by karri forest and beautiful beaches. 13 shareholders, \$7000 membership, write Zumhulsen, RMB 1050, DENMARK 6333.

**DORRIGO PLATEAU** ¼ share in 250 acres overlooking New England National Park. Spectacular views, rainforest, good creeks and waterfalls. \$15,000. Ph: 03-489-0258.

**NIMBIN NSW** 2 acre share in well established M/O 'Blue Springs' 5 mins from Nimbin, fully legal with separate title, spring water, phone, electricity available, beautiful views of Lillian Rock and valley, well suited for building. \$13,200. Ph: Warren 066-212-627 or 066-891-121.

**FOURTEENTH SHARE** of 425 acres inland of Eden NSW, own dam, dwelling and assorted equipment. \$12,000. Ph: 075-909-372.

**MID NORTH COAST** — Comboyne, one fifth share of 640 acres of beautiful secluded wooded valley bordering on nature reserve. Includes 3B/R home with slow combustion stove, hot/cold running water, phone, solar electricity, large shed, gravity fed irrigation, 2 dams, over 100 fruit trees, landscape gardens, permanent creek with good swimming holes. Ten minutes school bus, twenty to shops. Vendor finance available. \$42,500. Ph: 065-504-185.

**BEAUTIFUL COMBOYNE** Plateau mid north coast NSW. Fifth share 300 acres open forest, small cleared areas, pockets rainforest. Volcanic plateau, good soils, 60" rainfall, spectacular views into Hastings Valley. 10 km from village. Two shareholders resident. Excellent value \$15,000. Ph: 049-922-112.

**MURWILLUMBAH AREA** eleventh share in 450 ac vegetarian co-op. 8 km from Chillingham. Adjoins Lamington National Park. \$18,000. Ph: 066-791-594 or 065-507-331.

**SHARE IN** a well established 180 acres co-op in Murwillumbah area (4 km to Uki). Small comfortable cottage, many fruit trees, abundant water, good grazing in many paddocks, \$19,000. Patrick Hartigan, 1/44 Seagull Ave, MERMAID BEACH 4218. Ph: 075-551-508.

**RENT OR BUY** share small community Leura, NSW, clean mountain air. Huge 'medieval' mudbrick house on one acre, gardens, fruit trees, herbs, sunken lounge, library. Next stage, music room, craft workshop. Interests astrology, meditation, alternative medicine, horses, vegetarianism, mudbrick building. Non-smokers phone Steve, Alrishia 047-841-043.

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**DEADLINES: GR 68 – JUNE 30TH  
GR 69 – AUGUST 31ST**

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## BUSINESS FOR SALE

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**CRAFT, AUSTRALIANA** business. Meeniyau, South Gippsland, Victoria. Excellent business, comfortable lifestyle. Turnover \$150,000 for 33 hr week. Centre of crafty town on major highway. Low rent. Can be worked by individual. POA Ph: 056-647-295 or 647-533.

**MANUFACTURING** and wholesaling of cane cray-pot style baskets. Operated from home. Low overheads. Easily relocated, \$15,500. Stock approx. \$1000. Ph: 054-272-699.

**MOTEL BENDIGO.** Excellent location, 30 units, pool, restaurant, 15 year lease. 3B/R flat, priced below T/O for quick sale. \$230,000. Ph: 054-439-388.

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## TO RENT

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**ROOMS FOR RENT,** mudbrick house, Leura NSW. See under communities for details.

**TRANQUIL** 3B/R family home and small farm by the sea, 56 km from Hobart, for rent between end of May and mid September. Bond \$500, rent negotiable. Ph: 002-921-640.

**SPARTAN ACCOMMODATION** with elec and water, 20 miles Warrnambool. Suit agile pensioner, couple, single parent. Garden area. Exchange negotiated labour. Medium to long term residents. H. Jarrad, RMB 4105, KOROIT 3282.

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## WANTED

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**COUPLE WANTING** accommodation in Wellington or surrounding area would love to share with vegetarian outdoorish people in a homely atmosphere. We'd love to have a home to put energy and love into. Could you please write to Jack Hazlewood and Jacque Casserly, Flat 3/20 St Michaels Cres, Kelburn, WELLINGTON NZ.

**SEEKING CARETAKING** or helping position on organic farm or similar. I am single male aged 40, experience in gardening/handyman, non smoker, vegetarian. Work in return for free accommodation. Write PO Box 492, PADDINGTON 4064.

**YOUNG VEGAN GUY,** looking for a share/involvement in vegan sustainable community. Have finance. Richard Kuhlen, 60 Raleigh St, FOREST HILL 3131.

**NATIVE PLANT MATERIALS** — wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Large quantities preferred. Good prices plus freight paid. Contact Peter Hunt, PO Box 53, NORTHCOTE 3070. Ph: 03-489-8405.

**YOUNG COUPLE SEEKING** to caretake house and land on which to grow natural food. Land and soil improved and loved (any area or arrangement considered). Please contact Peter Crutchfield, 7 Aspinall St, GOLDEN SQUARE 3555. Ph: 054-414-076.

**WE REQUIRE** A capable couple interested in caretaking a completely set-up alternative lifestyle farm in far north Qld. Only honest, reliable, non smokers and non drugtakers need apply. A variety of young and bearing tropical fruit trees. Owners absent approximately two years, small recompense negotiable to caretakers. More information phone 070-695-118 AH.

# GRASSIFIEDS

## WANTED

**IDRIESS BOOKS WANTED** — please write Vaughan, PO Box 93, HAMPTON 3188.

**HE I'M LOOKING** to settle with warm friendly people. As a fit and gentle male in my forties I offer enthusiasm, reliability, a willingness for hard work, maturity yet still some idealism. The aim is to grow vegetables and herbs organically to sell locally. Other interests include mudbrick, solar and ethanol power, and living in co-operation with the environment. I'm an ex-smoker and not into drugs. As the available capital, in the short term, is limited a situation such as the use of a few acres in exchange for work, **SHARE-FARMING** or **CARETAKING** would seem best. While I have a preference for the northern NSW and Qld coastal areas the main desire is to join the right people in a viable organic (or biodynamic) and harmonious environmental situation wherever it may be. Barwon Johnston, PO Box 216, LISMORE HEIGHTS 2480.

**ADVICE PLEASE:** from anyone knowing where plans and specifications of pyramid homes are obtainable. Thanks, Bob Bertoldo, Bob's Worm Farm, Anzac Ave, MAREEBA 4880. Ph: 070-922-857.

**HOUSE ON ACREAGE** near Caloundra, caretake or rent by responsible, caring GR couple. Husband 29, organic gardener, handyman (building and mechanical), truck tractor and backhoe licences. Wife 27, enrolled nurse who loves kids. Negotiate work for rent etc, we're flexible. Reply Steve Bertram, C/- 3 Marbura Crt, DAISY HILL 4128.

**FOLKWEAR PATTERN 137** Australian drover's coat now out of production. Will buy or return. Phone 077-790-424 reverse charge OK.

**HOUSE TO RENT** or caretake with small acreage just about anywhere NSW required by reliable, eager family of three. Please reply Roy and Jackie, 60 Commonwealth Ave, WOY WOY 2256.

**WANTED TO BUY** water ram pump. Also information on production and equipment for methane gas (bio-gas). Please write Mrs L Fallon, 39 Marmion Pde, TARINGA 4068.

**WANTED TO RENT**, caretake, lease or buy small acreage in Gold Coast hinterland, prefer with older house, consider anything. Write Robyn Janetzki, 22 Mabel Ave, SOUTHPORT 4215. Ph: 075-324-265.

**PATTERN FOR LARGE** teepee suitable for lighting a fire, needed for cooking and warmth. Easy to assemble and dismantle. Contact Linda, PO Box 8479, ALICE SPRINGS 5750.

**WANTED: 'DIAMANT'** mill with stone and burr in good condition. Also books: 'Oxford Book of English Mystical Verse' and 'Australian Weeds' by Gai Stern. Bev Mustchin, 1 Anzac Tce, BASSENDEAN 6054.

**TWO LADIES** and two children recovering from a debilitating illness, both on a pension, need a tranquil home in nature to bring rest and hope. Contact Astara, 33 Hutchins St, YARRALUMLA 2600. Ph: 062-812-323.

**WE PAY CASH** for cleaned seed from gums, wattles, pines, fodder trees etc. Send SAE for price list and collection requirements. Central Seeds, RSD, LOCKWOOD 3551. Ph: 054-353-454.

**ACRES MID NTH** coast, good access, power, creek. Please phone 02-526-1980.

**COUPLE REQUIRE HOUSE**, pet, plant sitting position June-August inclusive. Prefer northern NSW, Qld. References available. Phone Clarkes 003-542-188.

**GRASS ROOTS** couple approaching retirement seek similar with view to sharing cost of land. Phone Mike on 047-748-320.

**PENSIONER MALE 50** 'handyman' seeks live-in position on family property approx 1½ hours Brisbane, good references. W Rose, C/- 1 Ruth St, CABOOLTURE 4510.

**GRASS ROOTS** original issues 1-5 wanted, please write with price. Mike, 97 Boronia St, SAWTELL 2452.

## OPPORTUNITIES

**CARETAKER, HANDYMAN** couple wanted for small property, Gold Coast hinterland. Furnished flat provided for general help and gardening. Will suit retired couple. Write with personal details. Beste, PO MUDGEERABA 4213.

**WOMEN**, particularly young women, welcome to experience Christian communal living on our rural property for one week or more during September 5-30. Opportunity to explore meditation, communication, gardening, crafts, etc. Food, accommodation, free. Write to Sister Helen, Sisters of the Church (Anglican), Dondingalong via KEMPSEY 2440. Ph: 065-669-244.

**ACRES 100.** 24 km east of Coonabarabran. 2000 cubic metre farm dam constructed on each block. Good undeveloped land. Numerous stands of pine for log cabin building. From \$16,000, 10% deposit, balance over 3 years @ 10% reducible interest. Other repayment arrangements available. Sydney 02-389-6463, Coonabarabran 068-422-269.

**WANTED — COMPANION** (over 50) to share beautiful quiet bush life, with helping hand. I am middle-aged, mature, Scorpio lady, non-smoker, with preference for holistic lifestyle. Nice caravan available. Please write: P. Gatheridge, M/S 612, KINGARROY 4610.

**OPPORTUNITY TO ASSIST** in establishing and investing in an environmental education centre on a rainforested property in NE NSW. The centre will provide visitor accommodation as well as demonstrate, by example, rainforest ecology, permaculture, alternative building techniques etc. Persons willing to make a commitment, yet be involved in a creative lifestyle, please contact Andy Reimanis, Martin Rd, NYMBOIDA 2460. Ph: 066-494-247.

**PEOPLE GENUINELY** interested in starting their own business for small outlay. Send SAE to PO Box 800, NOOSA HEADS 4567 for brochure or \$6 for complete information pack. Suitable for unemployed.

**NURSERY PERSON** interested in fruit and rainforest trees, some experience preferred. Must have interest in conservation. Share basis. Accommodation available. PO Box 377, PT MACQUARIE 2444. Ph: 065-858-278.

**DEADLINES: GR 68 — JUNE 30TH**  
**GR 69 — AUGUST 31ST**

**CARETAKER(S) WANTED** for small self-sufficient farm in the Snowy Mountains for part of winter. Opportunity for couple moving to the bush to try themselves out. Neil and Bill, PO Box 663, COOMA 2630. Ph: 064-537-244.

**WE ARE LOOKING** for young GR people who wish to learn a self-sufficiency way of life. We practise permaculture, well estab. on 300 ac, millions of lt of water for irrigation, well-equipped, estab. market outlets for produce. We are not a commune. Our aim — almost achieved — is to be a recognised self-sufficiency school, training people in various skills. Our present need is for folk strongly committed to GR principles and willing to work hard and learn lots — must be non-smokers — to help develop our resources and achieve our full potential. Experience not necessary — just enthusiasm and energy. Accommodation and living expenses provided to suitable people. For further details Ph: 067-923-376 anytime.

## SERVICES OFFERED

**QUICK FORM** by Quick Brick, the machine that produces the fastest results for the least amount of effort. Adjustable five sizes in one, 110 mm, 140 mm, 190 mm, 230 mm and 290 mm. The blocks are actually built on the wall in one operation. Fill it, move it and you've built it. **QUICK BRICK** and **QUICK PAVER**, definitely the fastest, easiest way to make bricks or pavers. Make easily 500 a day. Solid steel construction, no clips or assembly required. Phone or send SAE for brochures to Quick Brick, PO Box 627, GYMPIE 4570 or phone 071-826-488 BH or 071-827-364 AH or visit us at our larger premises at 38 Duke St, Gympie. Remember all Quick Brick machines mean maximum reward for minimum effort.

**CARETAKERS AVAILABLE** August-November, NSW south coast, experienced, reliable, hard workers. Claudia and Chris, C/- 147 Albert St, BEENLEIGH 4207. Ph: 02-287-4114.

**SOMETHING MISSING** from life? Try creative transformation meditation. Correspondence available. Contact Megan Williams, C/- PO, BALLANDEAN 4382.

**REDUCE STRESS** — lose weight, feel younger, stop smoking. Dr Ann Wigmore's wheatgrass and living foods programme, comfortable accommodation, thorough training, family atmosphere, low prices. Featured in 'Woman's Day' and 'Extra Dimensions'. Write or phone for free details now. Hippocrates Health Centre of Australia, 21 Monaro Rd, MUDGEERABA 4213. Ph: 075-302-860.

**FLOWER ESSENCES** — a simple and effective method of healing for use in every home. We supply an extensive range of stock bottles at \$2 each. Send 2 stamps to Natural Flower Remedies, PO Box 1796, MACCLESFIELD 5153.

**ASTROLOGICAL READINGS** — become more aware of your strengths and weaknesses. Understand what motivates and drives you. Learn how to channel your energies for positive living. Send birth date, time, place with \$15: 'Capricorn', C/- PO ASHBOURNE 5157.

**GENTLE HEALING** massage for deep relaxation. Kathy Simpson, Ph: 045-736-032. Oakville.

# GRASSIFIEDS

## SERVICES OFFERED

**BIORHYTHMS** — you can minimise the effects of your bad days and capitalise on your good days by knowing when you are most likely to be at your best and worst. We will plot your personal biorhythms by very accurate computer method for a full year for only \$10 (return postage and explanatory booklet included). That's less than 20c per week. Send money with name, address and day/month/year of birth to 'Glengarry', M/S 185, BEAUDESERT 4285. Make cheques payable to Glengarry.

**LUNAR FERTILITY** control based on angle between sun and moon at your birth. For information and dates send \$10 and SAE giving place, date, time of birth to Nadir Martello, PO Box 683, ATHERTON 4883.

## PUBLICATIONS

**YOUR FREE BOOK** catalogue. Over 2000 titles covering herbs, health, astrology, nutrition, self medication, childcare, cooking, craft, tarot, I-ching, religion, mysticism, ecology, etc. Letter-box Books 6GR, 16 Station St, WHITEBRIDGE 2290.

**AUSTRALASIAN HEALTH** and Healing — journal of alternative medicine, Australia's major health care quarterly, emphasising self healing and prevention of illness through measures which raise body defenses. Sold at most newsagents and health stores \$3.50 each and by subscription \$12.50 per four issues (1 year), \$23 eight issues (2 years). Write Australasian Health and Healing, 29 Terrace St, KINGS-CLIFF 2487.

**TEXTILE-FIBRE FORUM** in the tri-annual colour magazine of the textile arts for Australia. Subscriptions in 1988 are \$15.50 which includes membership in The Australian Forum for Textile Arts (two year subscriptions are \$30.00). Sample copy of the magazine is \$5.00, post-paid. Make cheques payable to A.F.T.A. Good information on how to make things is included. Send to A.F.T.A., PO Box 77, University of Qld, ST LUCIA 4067.

**FREE EARTHWORMS** benefits leaflet upon request. Includes prices and castings benefits. **THE BIG WORM**, PO Box 149, 42 Redhead St, DOOLANDELLA 4077. Ph: 07-372-6267.

**IMAGINE!** (formerly Maggie's Farm) alternative network magazine. A unique experiment in access press run by a volunteer collective as a regular news service linking many citizen initiative groups and networks world-wide. Planet Earth news, hues and views. Eco-action, health and healing, new technology, psychic reality and communal lifestyles. 4 issue sub \$10. Imagine! PO Box 151, LAWSON 2783. Ph: 047-824-851.

**ORGANIC GROWING** — a quarterly magazine about growing food the natural way. Gives you practical ideas for organic gardening, farming, livestock and related subjects. Available at newsagents (\$2) or by annual subscription (\$10 Australia or \$12 overseas). PO Box 228, ULVERSTONE 7315.

**AUSTRALASIAN SURVIVOR** — the magazine that prepares its readers for the fast coming hard times. \$2 for sample. PO Box 11, DICKSON 2602.

**ANIMAL FRIENDS**, quarterly, the magazine for all who love animals. If you share your life with an animal friend this is the magazine for you. Regular features include veterinary column, book reviews, young people's page, lively letter pages plus factual and entertaining features. 'Animal Friends' is only \$6 a year. Animal Friends, 40 Northam Rd, EAST BENTLEIGH 3165.

**FANCY FOWL** is the title of a lavishly illustrated English magazine published six times a year, which is devoted to articles and news items connected with breeding and exhibiting all types of fowl, including waterfowl. The journal is available on an annual subscription through Australian agent, Ken Bergin, PO Box 5, SUMMER HILL 2130. The rates are as follows: Surface Mail \$22.00; Air Mail \$30.00.

**DONKEY SOCIETY** of Australia, for information on magazine subscription, publications, books and the care of donkeys. Contact Federal Secretary, M.M. Smith, 'Warrawurra', Bushells Ridge Rd, WYEE 2259.

## HANDCRAFTS

**SHAG PILE RUGS.** Make your own hand crocheted floor mats from fringing material. Crocheted with a large wooden hook. Variety of colours, quick and easy. Hooks, material and instructions available. Croydon Vic. Ph: 03-726-8779 or 870-8695. Also at Dingley market, 1st Sunday of each month and Ballarat Gold Mining Exchange market, 2nd Sunday of each month.

**MOHAIR** — natural greys. Whole fleeces or carded with grey Polwarth. Ph: 071-967-631.

**SANDALWOOD SUITABLE** for carving and perfumery \$25 per kilo post paid. 500 g minimum. Also now available sandalwood shavings natural \$25 per kilo. Sandalwood shavings treated to Indian profile, rose, or lavender also available at \$15 per 500 g. Natural rose oil available on request. Post cheque or money order to: Sandalwood Products, PO Box 169, LINDFIELD 2070.

**ESSENTIAL OILS**, potpourri and natural products . . . for aromatherapy and craft work. We are the manufacturers of raw materials for making massage oils, soaps, cosmetics and household products. Our extensive range includes: essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, essences, pottery, containers. Buy from us direct, small or bulk sizes, and save with our low prices. Send stamp for free catalogue to Auroma, PO Box 187, RICHMOND, 3121 or call in at 22 Mount St, PRAHRAN 3181.

**CIRRUS WOOL** will card most types of washed fleece, except Merino. \$5 per kg min 2 kg. Carded Border and English Leicester and crossbred fleece (white and coloured) available. Anne and Robin Hughes, RMB 202, ST ARNAUD 3478. Ph: 054-963-268.

**POTPOURRI & SACHET SUPPLIES.** We now have the largest range of materials for potpourri work at the lowest prices in Australia — potpourris, flowers, herbs, spices, essential oils, books . . . and much more. Small or large quantity, our price and range is the best. Write for free mail order catalogues: Potpourri & Sachet Supplies, PO Box 53G, NORTHCOTE 3070. Ph: 03-489-8405.

## GARDEN AND ORCHARD

**LARGE RANGE** culinary, medicinal herbs, edible plants, excellent herbal 'Health Through God's Pharmacy'. For catalogue, information articles, send 7 x 37c stamps to Shipard's Herb Farm, PO Box 66, NAMBOUR 4560. Planning to visit Expo 88? Like to join in herb and useful plant courses, covering identifying, growing, using culinary, medicinal; held Nambour, just 100 km from Brisbane. Details of courses and farm walk dates send 3 x 37c stamps to above address.

**SEEDS** — 400 varieties — herb, flower, oriental and gourmet vegetables and dried flower seeds. Send \$4.70 incl p & h for our colourful catalogue or SAE for a price list. Wall charts \$3.75 each plus p & h. Kings Herb Seeds, PO Box 14, GLENBROOK 2773.

**FRUIT TREES**, farm trees and ornamentals. Over 100 varieties. Fruit trees (apples, apricots, etc) from \$3.75, 2 way fruits \$9, ornamentals from \$1.50. Mail orders welcome for trees available July to September. Please send 2 stamps for a list and prices. Valley Trees Nursery, Cornish Rd, ARDMONA 3629. Ph: 058-290-280.

**HONEY LOCUST SEED**, propagate your own, \$10 per packet 60 seeds, postage and information included. Yarralaw Shade and Fodder Trees, Yarralaw Rd, BUNGONIA 2580.

**GROW YOUR TREES** from seed. Over 200 species listed — carobs, honey locust, tree lucerne, gums wattle etc. For list send 2 x 37c stamps to Central Seeds (GR), RSD, LOCKWOOD 3551.

**HAZELNUT SUCKERS** organically grown, named varieties 1-4 yo \$1.50-\$5.50. Ozolins, 5 Mitchell Crt, NOBLE PARK 3174. Ph: 03-546-6747.

**SEEDS OF UNUSUAL** useful plants, oriental vegies and fruits. Fragrant curiosities. Low maintenance flowers, 50c pkt. For list send 2 x 37c stamps to L. Blaney, Wallace Rd, BEACH-MÈRE 4510.

**COMPREHENSIVE CATALOGUE** Australian native seeds, 1800 species. Price \$6 posted. Bliss Partnership, The Cedars, BUNDARRA 2359.

**GARDEN TOOLS** — Bio-grubber, I saw it in Germany, to share with organic gardeners here. Little effort aerates the topsoil without disturbing soil structure. \$12 posted from Harry Kurth, PO Box 561, ATHERTON 4883.

## COURSES

**PERMACULTURE DESIGN COURSE.** Practical design for homes, gardens and farms. 26th September-9th October 1988. Teacher: Lea Harrison, guest teacher: Bill Mollison. Intensive, 12 day, on farm, residential course, in NE NSW. Includes lectures, slides, videos and practice in designing. Limited to 20 people. No previous experience necessary. Cost \$380, covers tuition, food and accommodation. Contact Lea Harrison, Stoddarts Rd, TYALGUM 2484. Ph: 066-793-242.

**WRITE TO** Elisabeth Asai-Bracke, experienced teacher, for a private correspondence course for school children. South Littabella Rd, YANDARAN 4673.

# GRASSIFIEDS

## HOLIDAYS

**HORSE RIDING** holiday down on the farm. All aspects of horse care and learning to ride, scenic trail rides, games on horse-back or just laze about the farm. Swimming, fishing, canoeing, bushwalking, picnics, hay rides. In friendly country atmosphere at Valhalla Appaloosa Stud, Falls Creek. Unaccompanied children catered for school holidays, other times group bookings can be arranged. Ph: 044-478-320.

## EXCHANGES

**EXCHANGE SHOP** in Maleny Qld for isolated block with fruit trees, water, reasonable dwelling. Price \$40,000. Ph: 071-942-918.

## FOOD AND KITCHEN

**HOME STONE FLOUR MILLS.** Mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark Stone Flour Mill. Endorsed by Housewives Association. Write for catalogues to Retsel Distributors, PO Box 712, DANDENONG 3175, enclosing 3 x 37c stamps or telephone 03-795-2725. Distributor enquiries welcome.

**PURE DRIED BEE POLLEN** mixed light-house island fl... bulk p.o.a: Island... Authorpe Isle, COWAN-DILL... 0533.

## LIVESTOCK

**ANGORAS.** Will purchase coloured Angoras from white studs. Confidentiality of breeding assured. Will bottle-feed. Ph: 071-967-631.

**GOOD HOME WANTED** one Cashmere doe (entire) 18 months, excellent condition. Quiet nature, used to children, dogs, etc. Cream coat, free from burrs, best offer. For free photo/hair sample ring Culley 054-681-282.

**ORIGINAL OIL PAINTING**, your favourite horse, dog. Send photos in colour if possible. 40.6 x 50.8 cm \$50, satisfaction guaranteed. Barrie Hiscock, 14 Jubilee St, DUBBO 2830.

**DAIRY GOATS**, milkers, goatlings and kids of various breeds. Healthy stock bred from good milking strain. Gundagai. Ph: 069-448-241.

**IN KID ANGLO NUBIAN** and Saanen goatlings from best show lines. Ideal house milkers and great pets, from \$75. 2 yo Saanen buck \$350 ONO, A/N bucks available. Ph: 02-606-5797.

## MISCELLANEOUS

**DOORS PLUS!** Beautiful all timber, classical, historical, exc. Suitable owner-builder — creative design. French doors, large oregon and baltic frames — glass surrounds. Large sizes available. Incredible opportunity. Cast-iron hydronic radiators — last forever, old hand basins, benches, FG showers. Ph: 03-481-6869 or 03-685-706.

**CHIP HEATERS.** No electricity needed for instant hot water, operates from town or tank water supply. \$135 including packing and postage. 'Heaters', 358 Centenary St, ALBURY 2640. Ph: 060-215-469.

**BIO ALL PURPOSE** varnish interior is a transparent varnish prepared from plant oils, natural resins, plant extracts, balsam etc, by an all natural process without the use of synthetic additives. It produces a hard yet elastic finish that repels dirt and water yet allows the wood to breathe and protects against wood deterioration. To be used on all interior wood surface types and stones. Write Bio Products Australia Pty Ltd, 25 Aldgate Tce, BRIDGEWATER 5155. Ph: 08-339-1923.

**KERO FRIG**, Wellstood combustion stove with hot water pipes, 32 volt petrol engine lighting plant, old car trailer 6' x 3'6", 2 horse drawn ploughs — a 1 or 2 disc reversible on iron wheels, also a 2 furrow mould board, gas stove 4 burner (clean), 'Gamble' incubator controls, lots of SH useful car tyres, early model Land Rover doors and panels, old cool safe. Ring Col 050-372-621.

**COMMERCIAL GROWERS** polythene/shadecloth tunnel houses, kit form, replacement covers and accessories. Write: Greenall Horticultural Systems, PO Box 208, MEGAN 2453.

**BLUE DAZZLER TORCH**/searchlight. Powerful 30 watt beam and heavy duty battery rechargeable with ordinary 12 volt charger. Direct from factory price \$75 each. G.B. Douglas, PO Box 215, WHITSUNDAY 4802. Ph: 079-466-738.

**ENJOY SITTING** in stress-free comfort on the 'Easi-sit' chair. Ergonomically designed, the 'Easi-sit' chair is an alternative way of sitting. If you have a back problem, this chair will definitely help you. Send for detailed pamphlet to Easi-Sit Industries, Freepost 2, PO Box 86, WARBURTON 3799. Ph: 059-665-689.

**SPECIAL REDUCED RATES.** 1 kg net weight of mixed size worms (approximately 4000 worms) for \$35 including freight NSW. \$4 extra interstate. For gardeners fishing-bait and aquarium food. We will not be beaten on price or quality on any order large or small. Enquiries to: Wormborough Farm, PO Box 794, TAREE 2430. Ph: 065-539-633.

**RECYCLED BOOKS**, useful and constructive titles. Old music 1800's to present day for piano, organ, guitar, violin etc. All items in good condition. Stamp for details to: S Carter, PO Box 73, MORTDALE 2223.

**MEDITATE** on the inner Light and Sound and transcend body consciousness under the guidance and protection of Master Sant Darshan Singh. True spirituality is a gift from God and is given free of charge. For further information, please contact Sawan Kirpal Ruhani Mission, 63 Morrie Cres, NTH BLACKBURN 3130. Ph: 03-898-8950.

**FLOUR MILL** Samap commercial size, excellent condition, little used. \$2000. Ph: 077-871-004.

**CONVERTED** 1962 30 ft Bedford bus. 300 cu in petrol motor, gas burners, elec fridge, plenty cupboards. Carry motor bike, tow trailer. \$4000 consider exchange offer. H. Jarrad, RMB 4105 KOROIT, 3282. (Near Warrnambool.)

**DEADLINES: GR 68 — JUNE 30TH  
GR 69 — AUGUST 31ST**

**WIND GENERATOR** 450W 24V Windco, little use. \$2200. Ph: 062-383-266.

**EARTHWORM SPECIAL.** Only \$11.50 for 1000 plus \$1.50 p & p or \$7 for 500 plus \$1.50 p & p. Always generous overcount plus full instructions. Offer for 2 months only. 'THE BIG WORM', PO Box 149, 42 Redhead St, DOOLANDELLA 4077. Ph: 07-372-6267.

**HAND GRISTER**, antique 'National' brand. VGC, works well. \$225 ONO. Bruce Clark, RMB 4820, PORTLAND 3305. Ph: 055-234-535.

**FOR SALE & removal** by tender. 110 yr old pioneer station homestead of Murray pine, dropped log construction. More info Ph: 050-296-291.

**FOR SALE** ex-hire gypsy type horse drawn caravans, 4 berth, gas stove, sink, can also be towed by car. From \$3000. Horse harness also available. Ph: 066-791-315 Murwillumbah.

**CONDOMS BY MAIL**, all main brands/styles. Wide product range, 18 styles covering 95% market. Specially discounted introductory offers. Fully detailed catalogue provided, only plain packs used. Write CMO, PO Box 651/G, ST MARYS 2760 or Ph: 02-623-0399.

**RAMMERS** powered for building rammed earth cottages. Shaped heads included, assistance with design, building methods etc. Ph: 047-877-432.

## CLUBS AND SOCIETIES

**LET'S GROW GARDEN CLUB.** A new correspondence club with Glen Heyne, John Mason, Graham and Sandra Ross and Mike Keelan. Benefits include: subscriptions to Garden Scene Magazine (usually \$27), mail order catalogue, exclusive plant and seed collections, workshops, courses, tours and holidays, special discounts on books, tools, products etc. Send \$30 annual subscription to 'Let's Grow', The Garden Cottage, Malmsbury Rd, DAYLESFORD 3460.

**JOIN AUSTRALIA'S** largest garden club. Members receive quarterly magazine, free seeds, access to extensive cassette lending library. Write to the Secretary, PO Box 110, MAPLETON 4560.

## CONTACTS

**KIND THOUGHTFUL** healthy male, shy 180 cm, 74 kg, dark hair, green eyes. Seeks female companion, intelligent, peaceful, healthy, tallish, any age, not into drugs, to find land and new life together. Finlay, C/- PO DUNDAS WEST 2117. Ph: 02-630-8839.

**MALE, YOUNG** 50, Scorpio-tiger, fit non-smoker, slim vegetarian surfer. Finishing unique tri-level hand-built house in beautiful location in north coast resort town. Seeking compatible creative female, Cancer/Libra? to share in living laid-back natural life-style, ultimate marriage. Please write with birthdate to: R Langley, 89 Massinger St, BYRON BAY 2481.

**ORGANIC LADY** 160 cm, 47 kg, 40. Loves kids, raw food, music, community. Seeks communication with interested stronger, taller guy. Please write Mira, PO Box 494, SOUTH BRISBANE 4101.



# GRASSIFIEDS

## CONTACTS

CLOSE PLATONIC friendship sought with intelligent individual 25-45 yrs within 100 km Perth. I am a 32 yr old Sagittarian interested in grassroots principles, reading, writing, running, donkey driving, theatre, politics. I am married but feel socially isolated, seeking mutual support. Write to: Linda, Lot 101 Falls Dr, GIDGE-GANNUP 6555.

YOUNG 43 year old female vegetarian, non-smoker, reasonably attractive, Capricorn star sign. Interests include natural health, organic gardening, alternative healing. Would like to hear from genuine single men with similar interests with view to lasting relationship. Presently travelling Qld, NSW. Can write Delice Rask, 27/600 Military Rd, MOSMAN 2088.

ARE THERE ANY LADIES out there who would like to start their own herb farm or whatever their interests are. I have 37 acres to share, only stipulation no drugs, slim with sense of humour. Write first to: Qld John, C/- Grassifieds, PO Box 764, SHEPPARTON 3630.

ENTREPRENEUR EXTRAORDINAIRE, worldly, self aware, no hang ups, affectionate, popular with people, ready to settle down. Seeks lady to 35 yrs for new adventure in life, children OK. David Kay, Lot 12, Browns Rd, KURWONGBAH 4503. Ph: 07-888-3456.

MALE 39 seeks a lady for friendship, must enjoy going out and having good time. Preferably between 27 to 38 with no ties. I enjoy going to the movies, camping and a social drink. Please write to John Walters, C/- 139 Stumpy Gully Rd, HASTINGS 3915.

WOMEN GAY living in small country town in southern NSW in need of friendship and sensitive communication contact me at PO Box 334, DENILQUIN 2710.

TALL GUY 20 mod drinker/smoker. Interested in travelling, rides motor bike, likes quiet life, wishes to meet sincere single female to 30. Steve Roberts, C/- PO, WOODRIDGE 4114.

MALE 46 vegetarian 5'7" seeks female to live Mallee scrub farm, quiet life growing sheep and wheat eventually self sufficient, child OK. Dan, C/- PO, COPEVILLE 5308.

DIVORCED GUY 31 years old, 5'8", fair hair, blue eyes. Likes classical music, arts, theatre, movies, fishing, camping, gem hunting. Into ancient history, politics, philosophy. Not into sport, discos. Would like to travel. Wishes to meet similar lady. John, 483 Tufnell Rd, BANYO 4014.

EDUCATED, ATTRACTIVE French lady, 33 years old, fair complexion, no ties, loves animals, like to meet gentleman, fair complexion living on acreage. Must like animals. Write Monique, C/- PO Box 764, SHEPPARTON 3630.

GENT 30, tall, honest and caring, seeks a lasting relationship with a gentle, old fashioned style of lady who is interested in a country lifestyle and the simple things in life. Please reply: PO Box 465, GYMEA 2227.

Please remember if altering a 'grassified' advertisement, state your name, address and ad. classification (eg: handicrafts).

VEGETARIAN MALE 33 years, 5'10½", 10 st, brown hair, some beard, blue-green eyes. House, fruit, nut, flowering, shade trees. Home, diet, letters, poems/songs, self-massage, walking, pushbike. Trained electrical, photographic. Interests — vegetarian, alternative lifestyle, nudism. Looking for friends — especially girlfriend. B. Smith, 299 J. Hickey Ave, GLADSTONE 4680.

SPECIAL MAN hello, I'm caring, fifties, free, so are you, take calculated risks, so do you, slim, attractive, non-smoker, so are you, think non-conformist, so do you, like naturalness, so do you, can love passionately, so can you. All the rest I can compromise on except racism — can you? Barbara, 42 Charnwood Ave, TWO ROCKS 6037.

HAPPY INTELLIGENT MALE 45, 176 cm, 72 kg, blue eyes, fair hair, rural upbringing, tertiary educated, fit, healthy, seeks a lifelong companion. Interests include natural living, bushwalking, camping, fine music, art, ABC radio, leftist politics and good friends. I am divorced, don't shave, have a healthy libido and enjoy living. My lady could be slender, natural, affectionate non-smoker about my age (35-50) who likes holding hands and wants an equal relationship. Write to J. Ferguson, C/- 41 Burg St, EAST MAITLAND 2323.

HI! I'M LOOKING to settle with warm friendly people. As a fit and gentle male in my forties I offer enthusiasm, reliability, a willingness for hard work, maturity yet still some idealism. The aim is to grow vegetables and herbs organically to sell locally. Other interests include mudbrick, solar and ethanol power, and living in co-operation with the environment. I'm an ex-smoker and not into drugs. As the available capital, in the short term, is limited a situation such as the use of a few acres in exchange for work, SHARE-FARMING or CARE-TAKING would seem best. While I have a preference for the northern NSW and Qld coastal areas the main desire is to join the right people in a viable organic (or biodynamic) and harmonious environmental situation wherever it may be. Barwon Johnston, PO Box 216, LISMORE HEIGHTS 2480.

WOULD YOU LIKE to share your GR dreams with a gentle caring nature loving earthling, a 'kindred spirit'? Why not start by writing to your soulmate and let it build into something really special. Ladies, it's free. Guys, there's only a moderate fee. Contact Susan, New Encounters, 31 Prospect St, MACKAY 4740. Ph: 079-574-522.

AQUARIAN BUSHLOVING male 36, trapped in city until enough saved for own piece of paradise. Seeks friendship of female with similar desire for mutual encouragement and sharing. Not into social scenes or games, honest, reliable, spiritual, shyish. Material considerations secondary, enthusiasm and kindness preferred. Please reply Kevin, Lot 5, Dobel Place, KENTHURST 2156.

GENTLE ACADEMIC seeks well-built adventurous caring lady to share simple solar lifestyle on gorgeous romantic island. Pat, Con St, MACLEAY ISLAND 4184.

DEADLINES: GR 68 – JUNE 30TH  
GR 69 – AUGUST 31ST

FAIR DINKUM easy going gent early 60, considerate, respectable, NS/ND, agnostic bushman, nature lover would like company of female who would like to share old fashioned lifestyle. Property suited organic farming, experience unnecessary but enthusiasm a must, scope for own ideas. Keith Rice, MS 355, CHINCHILLA 4413.

CHRISTIAN GUY (professional) who is warm, sincere, genuine, caring and honest. 43 yo 5'7" 10 st, whose interests are country drives, bushwalking, camping, good movies, medicine and general is seeking a genuine, sincere, honest, caring, stable evangelical christian lady, non smoker under 40 desirably living in eastern suburbs. Reply assured. Gordon, PO Box 260 FERN TREE GULLY 3156.

LEO-VIRGO LADY (50) seeking a gentle, caring, long term friendship, relationship with an educated fellow who shares love of music, bushwalking, animals, self sufficiency, natural foods, travel, non-smoker. Contacts geographically close preferred. Ann Burleigh, C/- PO, MEREDITH 3333.

GENTLEMAN 31, would love to meet nice lady, age open. I am honest, down to earth, caring, health conscious, at ease with life, a loner I suppose, avoid the flock, smokers, social drinkers. A familiar ring... perhaps we should meet. PO Box 382, PADDINGTON 2021.

HELLO I AM a Libran male (33), 6 ft 13 st, wishing contact with vegetarian pioneering lady (25-40). Your race and colour is not important, to share life, work and profits on farm, must like bush living. All letters answered promptly. R. Jenkins, Nowendoc Rd, MT GEORGE 2424. Ph: 065-506-556.

VERY CANCERIAN lady, 23, tall, slim, domestic, former biker, smoker, in need of caring and interest. Into spinning, cooking, gardening, craft, warmth, cuddles and healthy happy living. Seeking the man of my dreams. Write: LS, C/- PO, ASHBOURNE 5157.

AUST GUY 36 5'4" seeking small lady (25-35), non-smoker who enjoys simple, peaceful life, dining and dancing. Well mannered kids OK. I'm looking to live around Gold Coast. Secure and sincere. Write Wayne, 8 Gilday Pl, FADDEN 2904.

COUNTRY WIDOW NE Vic seeking young at heart active widower 65-75 years who likes music, reading, drives, gardening, non-smoker/social drinker only. C/- Box 764, SHEPPARTON 3630.

## LATE GRASSIFIEDS

1 ACRE good soil with small dwelling situated in village near Murgon, Qld. Electricity connected, wood stove, tank water — \$17,000. Write W & D Goater, 40 Whitworth Rd, CANNON HILL 4170. Ph: 07-399-5987.

HOMOEOPATHIC health care available using classical homoeopathic method. Phone for appointment. Sharon Chant, GREENSLOPES Brisbane. Ph: 07-394-1544.

HORSE LOVERS! Free caravan in exch for light duties on Arabian Stud; quiet, secluded 20 acres only 3 miles from town. Ref and bond required. Write: Jenny & Mark, PO Box 96, LAIDLEY 4341.

# GRASSIFIEDS

Please note the rate increase for the 'grassifieds'. General advertisements will now cost 30¢ per word, and property for sale will be 40¢ per word. Write your advertisement briefly and clearly — abbreviate where possible — and send with the necessary payment to 'Grassifieds', Box 764, Shepparton 3630, to arrive by the deadline for the issue in which you wish your advertisement to appear.

Sender's Name ..... For issue No/s.....

..... Classification,.....

..... Postcode ..... Cost.....

Please complete the above (not for publication) — it helps us with our record-keeping so we can give you better service.


## Information Available

### USING SOLAR ELECTRICITY

A new brochure by the Victorian Solar Energy Council explains in simple detail how solar electricity is produced, and where it can be effectively and efficiently used. The new brochure, 'Using Solar Electricity', outlines what solar cells (photovoltaics) are and how they are used for generating electricity. In particular photovoltaics are a viable form of electricity generation for portable and mobile power needs, including battery powered applications, as well as providing electric power for areas off the SEC grid. The brochure also outlines what type of solar modules are available, how much power they produce, how solar electricity can be used when there is no sun and how batteries are charged with solar modules. There are examples of the uses of solar electric power, such as in caravans and motor homes, on boats and yachts and for solar electric fencing. The brochure, and others related to solar energy, are available free of charge from:

The Solar Council, 10th Floor, 270 Flinders St, MELBOURNE 3000. Ph: 03-654-4533.

### HOME BIRTH AUSTRALIA

Do you read the *Homebirth Australia Newsletter*? This newsletter is working to improve the status of homebirth and midwives in Australia. It will keep you up-to-date on homebirth statistics, developments with Medicare, government policy and midwifery. Whether you are a parent, midwife or educator there will be something for you in each issue. Write and ask for a sample issue at \$2.00 from: Homebirth Australia Newsletter, PO Box 107, LAWSON 2783.

### BASIC TRAINING MANUALS

The Basic Training Manuals contain complete instructions on various technical trades such as bricklaying, carpentry, fitting and turning, plumbing, motor mechanics and welding. They have been developed by leading industry and education specialists and are designed to teach beginners practical skills. The manuals are concisely written and illustrated with step-by-step instructions for each procedure. You can see these manuals in any of the Commonwealth Government Bookshops in your capital city, or a mail order form can be requested from: The Australian Government Publishing Service, PO Box 84, CANBERRA 2601.

### SUSTAINABLE LIFESTYLES NETWORK

This is a network of friendly people who support the principles of active, wholesome, creative living, reinforced by information and resource sharing, learning and caring. Their monthly newsletter links up those interested in a green future, herbs, healing therapies, peace and justice, owner building, low-cost lifestyles, rural resettlement, home birthing, non violence in social and personal relationships. The newsletter is available in the region from Maryborough to Mackay. Contact: Sustainable Lifestyles Network, PO Box 6289, NORTH ROCKHAMPTON 4702.

### AUSTRALIAN FLORICULTURE CONFERENCE

If you're involved in or planning a flower growing business, this conference on Saturday July 30 1988 will have lots of value for you. Organised by the 'Aust Flowergrowers' Association, Aust Institute of Horticulture and Hydroponic Society of SA, the conference programme will include sessions on production methods and marketing of general and specific flowers, use of fertilisers, hydroponics and starting your own flower business. On Sunday July 31 a tour of local flower production enterprises has been arranged for interested delegates. Registration costs \$65.00 (\$90.00 per couple) and further information can be obtained from: The Treasurer, A.I.H. C/- Botanic Gardens of Adelaide, North Tce, ADELAIDE 5000.

### DARLING DOWNS CAVY CLUB

This newly formed club hold shows for all types of pedigreed cavies (or guinea pigs) and for crossbreds. If you're interested in this or other clubs, in breeding, training and showing (even racing!) guinea pigs, or want to find out more about how to raise and care for these popular little animals, write to the secretary:

Richard Scheiwe, 22 Bourke St, WARWICK 4370.

### VEGAN SOCIETY OF AUSTRALIA

The Society, through its social and educational activities, demonstrations and regular newsletters, aims to show that veganism is not deprived or spartan but is a truly compassionate, humane and unexploitative way of life. If you're interested in learning more about their ideas and activities, contact the Society:

PO Box 85, SEAFORD 3198.

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# Information Available

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## 1988 MUDGEE SMALL FARM FIELD DAYS

This year, on Friday and Saturday July 15-16, the theme for the Field Days is 'the family farm', and lectures with specialist speakers will cover many aspects of this topic. A large number of commercial exhibitions will be displaying new products, and technical staff from the NSW Dept of Agriculture and other government services will be available to answer questions. The emphasis is on education and the wide range of displays and activities should appeal to people from both rural and urban areas. For details contact:

David Lynch, PO Box 12, MUDGEE 2850. Ph: 063-723-615 or 063-733-526.

## THE GREAT RECYCLED ENVELOPE COMPETITION

Ever since the first postman pedalled his way across the pages of history, resource-conscious people have been re-using envelopes. Out there, somewhere, is the supreme example of such an envelope. A tribute to your environmental awareness. Maybe that envelope has recently come to your letterbox as part of its postal pilgrimage. Well, why not enter it in the great recycled envelope competition! First prize is \$20 worth of recycled paper products (plus a free *Melchizedek Magazine* subscription!). To enter, mail your recycled envelope (if it just can't take another mailing, send it in another envelope . . . recycled of course!) to: Recycled Envelope Competition, C/- Melchizedek Magazine, PO Box 194, PUNCHBOWL 2196.

## KITE FLYING CHAMPIONSHIP

To commemorate the flight of the first Australian-built aeroplane in 1910, the village of Mia Mia in central Victoria is holding a homemade kite flying championship on Sunday June 12, 1988. Kites must be made in the old fashioned way and prizes will be offered in many categories. Come along for a barbecue and a day of family fun. For more details contact:

Brian Ward, 'Sueyn Downs', Lancefield Rd, MIA MIA 3444 or Ph: 03-645-1888 BH, 054-255-556 AH.

## BICENTENNIAL PATCHWORK COMPETITION

Patch up your troubles in your old kit bag and enter it into the Laura Ashley Bicentennial Patchwork Competition by August 31st. Entry forms are available in Laura Ashley Shops.

## POETRY CONTEST

The American Poetry Association has doubled the prize value of its two public poetry contests for 1988. Now \$10,000 in prizes will be awarded to 151 poets in each of two separate contests this year. There will be two Grand Prizes of \$1000 and entry is free. All poets are welcome to enter now. The poems are judged on originality and sincerity, and every poem is also considered for publication. The first contest runs from January 1 to June 30, and the second contest from July 1 to December 31. Interested poets should send up to five poems of no more than 20 lines each, with name and address on the top of each page to: American Poetry Association, Dept. CN-41, 250 A Potrero St, PO Box 1803, SANTA CRUZ, CA 95061-1803 USA.

## EARTH CONSTRUCTION AND SELF HELP HOUSING

With funding from the Department of Housing, a carefully designed kit home will be constructed and displayed at Harrogate SA. It will feature low cost strong weather proofed earth wall construction. The result will be a modern attractive solid, mud brick (adobe) home within the price range of the lowest income earners (approx \$24,000). The accompanying workshops and a subsequent 10 week course in self help housing and earth construction, will be free. The course is designed to attract the unemployed, students and school leavers looking for work experience, and Aboriginal apprentices, through the Department of Aboriginal Housing. Participants will be encouraged to build earth homes for themselves and others. It is intended to run the series of workshops at Natural Springs Camp, Harrogate in July. For further information contact:

Neville Ackland — 085-387-086, Mark Tedmanson — 08-250-6644/227-0444 or Carol Vincent 08-250-3939.

## FUN WITH FIBRE

Presented by Canberra Spinners and Weavers, this will be an exciting weekend (Friday 23rd Sept-Sunday 25th Sept 1988) of workshops, tours and trade displays, as well as an opportunity to exchange ideas on spinning, knitting, weaving, embroidery, dyeing and related activities. Beginners and experienced craftspeople all welcome. The venue is Canberra College of Advanced Education and limited accommodation is available. Fees (including morning/afternoon teas and lunches) \$145 for enrolment before July 31st. For more information phone Audrey (062-312-575), Nathalie (062-733-972), Barbara (062-958-694), or write to:

PO Box 15, RIVETT 2611.

## NATIONAL CRAFT ACQUISITION AWARD EXHIBITION

The Eighth National Craft Acquisition Award Exhibition will be held in Darwin during 1988, sponsored by the Crafts Council of the NT and the Museum and Art Galleries of the NT. \$3000 has been allocated for acquisition and these pieces will become part of the permanent craft collection of the Museum. Entrants must be craftspeople resident in Australia and all entries must be for sale. Exhibition dates are 30th July-14th August 1988 and entry forms are to be received by Wednesday, 29th June 1988. Entry forms and further details are available from: Joy Grove, Crafts Council of the NT, PO Box 1479, DARWIN 5794. Ph: 089-816-615.

## NZ TREE CROPS ASSOCIATION INC

The Association's main aims are to promote interest and research into useful trees and wider recognition of the many uses of trees in farming — crops, fodder, bee forage, fuel, shelter and timber. Activities are local as well as national, including meetings, workshops and field days. The Association's journal, *Growing Today* is full of useful information for everyone from backyard hobbyists to broad acre farmers. Annual subscription is NZ\$20, plus \$2 GST. Contact: The National Secretary, NZ Tree Crops Assoc Inc, PO Box 1542, HAMILTON NZ.

## KU-RING-GAI COMMUNITY ART CENTRE

Third term 1988 sees the continuation of an exciting and innovative programme of day and evening classes in a wide range of craft and art activities — painting, patchwork, photography, sculpture, pottery, dollmaking and many more. Studio facilities and equipment are excellent and classes are very popular, so you need to enrol soon. Programmes are available at the centre, the council offices or local libraries. For further information Ph: 02-498-0729.

## SMALL FARMS NETWORK

The Small Farms Network of NSW is an organisation which aims to:

- Facilitate the exchange of ideas and information among people interested in small farms, rural or urban self sufficiency.

- Encourage research and education in small scale farming systems that are ecologically, and socially responsible.

- Promote the development and application of appropriate technologies and co-operative methods of producing, processing and marketing agricultural produce on a small scale.

- Represent and protect the interest of the members in discussions with governing bodies and other interest groups.

For more details and membership application form write to:

The Secretary, Small Farms Network of NSW, PO Box 803, PARRAMATTA 2150.

## SILKWORMS

Olive Aslett's book *Silkworms* is a delightful reference handbook for anyone using silk — spinners, weavers or students. It covers such topics as the history of silk, the handling and feeding of silkworms, the life cycle of the silkworm and spinning from the cocoon. It includes little known facts — did you know that 3000 cocoons are needed to make ½ kg (1 lb) of raw silk? Or that silkworms eat their weight in leaves every day? The book is available at a cost of \$2.70 (inc p & p) from:

Secretary, Handweavers & Spinners Guild of NSW, GPO Box 67, SYDNEY 2001.

# Feedback Link-Up Feedback

## Dear Grass Roots People,

Would there be anybody that could tell me how they've managed to keep TWO GOATS and a HORSE on ONE ACRE? Just recently we signed a contract to buy a house on one acre of land in a small country town and we would like to keep the milking goats to cut down the high price of living. I think that I might be able to agist my beloved Appaloosa mare Missy, close to where we will be living, to use her for odd jobs, but we hate to be apart. I have taught her to carry long shoulder bags to carry grass-clippings and straw for the goats and I could use her to help me to collect prickly-pear fruit for jam and to eat fresh. If there is anybody that would be able to tell me what to use as fodder trees or plants I would be ever so grateful as I would like to keep my animal family together. I will answer all letters that come my way. Also, is there anyone who can tell me of any good GOATS' MILK RECIPE BOOKS? I'm mainly interested in recipes for cheese, yoghurt and ice-cream using the goats' milk and fresh fruit.

Also, is there anyone who breeds PEDIGREE GUINEA PIGS and is also a GR person who would like to share the trials and tribulations of the hobby through the mail? Last year I had my stud name registered with the National Cavy Council of Australia and just recently entered my first show. If there are people that enjoy cavy breeding and would like to join one of the clubs to make friends and learn more about the animals, my advice to you is do it. You wouldn't believe how happy I've been since I joined two of the clubs and now I feel as if I really belong and that's something I've wanted to feel for a long time now! Thanks for reading my bit in *Grass Roots* and thank you Megg and David for a fantastically useful magazine!

**Yvonne Bastow  
C/- PO  
BRIGALOW 4412.**

## Dear Grass Roots,

I live in England but am very interested in finding out if there are any COMMUNITIES that I would be able to visit in the LISMORE/NIMBIN area of NSW.

I previously lived for two years at Lifespan, a rural community in Yorkshire. I now live in London, working as a freelance photographer. Recently I have been completing a photo-documentary with Lifespan about a year in their lives, which will hopefully soon be a travelling exhibition.

I will be visiting my folks in Australia around September/October, and will be in Northern NSW, so was wondering if there was a community around there, who I could visit for a few days, and then put together an article by taking photographs and making some interviews, that I would try and publish back home or in Australia. I think a lot of people over here would be very interested to hear more of this side of Australia.

Also it would just be great to visit other Australian communities — several years back on a previous visit, I managed to get to 5 or 6 communities, which I greatly enjoyed, 'hello' to everyone I met on that visit. If there was anywhere I could visit in September please let me know soon! Best wishes.



**Howard Davies  
Wombat Photography  
2 Lithos Rd  
LONDON NW3 6EF, UK.**

## Dear GR Readers,

Hello! I've just acquired 2 KING QUAILS and am in desperate need of any information on them. There seems to be hardly any published information. Hints from people's personal experiences would be especially welcome. Thanks a lot.

**R Chapman  
PO Box 97  
GLENBROOK 2773.**

## Dear Grass Roots People,

I am planning on TRAVELLING AROUND AUSTRALIA at the end of the year. I am hoping to stay with GR people earning my keep and learning about self-sufficiency, organic farming and alternative building. I would also be doing a lot of camping. I would like to hear from anybody who has done such a trip and any advice or suggestions would be very much appreciated.

I would also like to hear from any young people between the ages of 18-25, vegetarian non-smokers, who would like to do such a trip.

**Steven Thompson  
Wiseman Rd  
SILVAN SOUTH 3795.**

## Dear Grass Roots People,

Greetings! And a number of queries. Where can I purchase NATURAL REARING supplies mentioned in the *Complete Herbal Handbook for Farm and Stable* by Juliette de Bairacli Levy?

My husband and I have been striving to conceive another child for the past six years. Medical laboratory tests were said to be normal. Our naturopath added zinc and potassium and promised imminent conception — 18 months later, no result. Any suggestions? Helpful ones only, please. It's a little hard having to put up with the crude, half-smart ones.

We are interested in a HOMEBIRTH for our next child. A midwife here said she would not assist me as I was 'high risk'. Am I? I had absolutely no health problems during both my previous pregnancies and delivered a 9 lb 10 oz male with the aid of forceps and two years later a female weighing 8 lb 12 oz was delivered by caesarean section. I want a fair go at having my next child with as little intervention as possible. Can any midwives offer me any help?

TASMANIA is the place we want to live. We find the humidity here saps our strength and we only come alive in our 'winter'. My son and I have very fair skin and I have already had skin cancers surgically removed. How have others adapted after moving from the tropics to a cold climate? We deliberately holidayed in Tasmania during winter in 1986 and loved it, but what are the pitfalls? Any letters and suggestions would be welcomed! I've greatly enjoyed the letters by Rita Summers at Kersbrook Host Farm in Tassie and wished we could have met whilst I was down there. Many thanks for your valuable time and space. I wish you all a gentle and peaceful life.

**Beth  
PO Box 1034  
MACKAY 4740.**

## Dear Tassie Grass Rooters,

I am 29, and like many others before me am considering relocating to Tasmania next year. My reasons are that firstly real estate is more affordable, the architecture is diverse, the rainfall is abundant, the old world charm by all reports still lingers, and the folk are friendly and down to earth. Is this true? By all reports the areas around Scottsdale and Launceston are popular. If so why?

As I intend doing a reconnoitre in June I would appreciate any advice and information regarding availability of small acreages and dwellings, prices, rainfall, suitable locations as soon as practically convenient. Thanks.

**Christopher Hepworth  
45 Alcester St  
GRANGE 4051.**

## Dear GR Readers,

I would welcome any information anyone has to offer on ANGORA AND CASHMERE GOATS. At present two friends and I are considering starting a small herd. Initially we would only be able to attend to them on a part-time basis. We are interested in examining whether Angoras or Cashmires are more economically viable, the state of the market, various costs involved, and so on.

**Edwina Robinson  
5/107 Cook Rd  
CENTENNIAL PARK 2021.**

## Dear Megg and GR readers,

I've become a regular reader of *Grass Roots*, since reading my first issue six months ago. It's a good source of inspiration and practical advice, and particularly relevant to my own ambition to establish a self-sufficient farm in some quiet, remote area of Northern Queensland.

I enjoy reading the letters in Feedback, and thought I'd make my own small contribution. I've been VEGETARIAN for the past twenty years, and I like to encourage other people towards such a lifestyle. In my case I have always disliked the idea of killing any animal, particularly for food. Over the years I've also become very health conscious and have accumulated considerable information and experience in vegetarian nutrition. If any readers are considering becoming vegetarian, I'd be glad to share my knowledge and experience with them.

A fair proportion of your readers are obviously interested in ALTERNATIVE POWER TECHNOLOGIES. My own speciality is electronics design and construction, so I can also help readers with any questions regarding electrical systems.

I'd also be pleased to hear from anyone who'd simply like to share their experiences or ideas on vegetarianism or alternative lifestyles.

**Wayne Pollard  
PO Box 44  
ROSEWOOD 4340.**

# Feedback Link-Up Feedback

## Dear Grass Roots,

I have recently read an edition of your magazine. Thank you for a very interesting publication. Through yourself or your readers I would like to gain more information on PISE (RAMMED EARTH) BUILDING. It is my intention to construct a house with this method. Therefore any information would be of assistance. Perhaps a reader is in the midst of building using this method. I would be prepared to lend a hand and gain some first hand knowledge.

**G R Kaylock  
PO Box 1005  
WAGGA WAGGA 2650.**

## Dear GR Readers,

I'm often dismayed that writers and readers of *Grass Roots* and similar publications so recklessly recommend the use of old newspapers in 'organic' gardening. Top marks for recycling the cursed daily rag, but surely printers' ink must be one of the most toxic substances on this polluted planet, not to mention the highly-processed paper it gets printed onto. These DANGEROUS CHEMICALS, lead and acids must be absorbed by the vegetables.

Likewise, too many 'healthy' recipes in these pages list liberal quantities of baking powder, baking soda, or bicarb in the ingredients. These products are, after all, sodium, usually containing aluminium — and don't achieve anything that simple beaten egg whites can't. After all, you've already got the egg yolk in the mix. You've got to do something with the white.

For light flapjacks, griddle cakes and the like, I usually have success with a coarse, dry-ish, firm mix which doesn't flow all over the pan in a flat pad, but remains heaped up in a moist mound. A rough beating action can also incorporate quite a lot of air bubbles into the mix before quickly but gently folding in the egg white. Then it's simply a question of a well-primed, very hot, cast iron griddle or fry pan and accurate timing — in other words, get on with the cooking before the mix deflates, turning the cake gently while bubbles are still rising to the moist surface.

I don't follow any particular recipe with set quantities, rather making it up as I go along, with bran, mixed grains, preferably fresh ground — buckwheat and millet, for example, can be ground with a simple mortar and pestle. The best liquid is whey from that batch of yoghurt you made into soft cheese. Yoghurt too, of course, gives the slight tang that will counterpoint the sweetness of the topping or syrup. Flapjacks are also the ideal opportunity to use those excess sprouts you dry-roasted 'for future use, sometime . . .' A generous proportion of maize meal gives a good gritty texture and adds a rich golden colour. Although city-bound myself, I wish you all success.

**Paul Karo  
65 Lansell Rd  
TOORAK 3142.**

*Yes, it's certainly advisable for many people to avoid the sodium and other potentially harmful ingredients of commercial baking powder and bicarb soda. Linda Edwards in 'Baking For Health' (Harper & Row) suggests various ways of avoiding this problem. Some health food stores stock a 'low-allergy' baking powder too. Do readers have any other suggestions?*

## Dear Grass Roots Readers,

The rent situation in Sydney has finally prompted us to decide to make our long planned move to the country. We have a Kombi, trailer and tent, so we are going to just pack up and go, and hopefully find somewhere to SETTLE IN NORTHERN NSW. We would eventually like to buy land, but we don't have much money at the moment as we are unemployed. We will be looking for a house to rent, preferably with some acres, or perhaps a share type situation, or accommodation in exchange for work; we are interested in various options. Perhaps there are people who could offer us advice or suggestions about any of these options up north.

My husband is a carpenter/handyman, and I grew up in the country. We have a 3 month old daughter, Camilla, and two dogs. We are vegetarian, into yoga, and conscious of our environment. Camilla was born at home. We plan to have more babies, so want to be in an area where there is a midwife available; also we are interested in alternative or home schooling.

I would love to correspond with anyone about homebirth and schooling. We look forward to hearing from anyone who may be able to help us.

**Mitzi & Bob Hodgkins  
33 Fletcher St  
CAMPSIE 2194.**

## Dear Grass Roots Readers,

My family and I have established our home on a beautiful 50 acre block of land covered with red gums, tea tree shrubs and native bush and a wetland area in the south-east of South Australia. I am interested in STUDYING and eventually making and marketing PRODUCTS USING AUSTRALIAN WILDFLOWERS and the cottage garden plants. These products would include potpourri, cosmetics, perfumes and associated items. I am interested in making contact with anyone who has established a similar interest and would be willing to share ideas. Also if there are recommended courses that I could study, I would appreciate information.

All the best to fellow readers who are attempting a healthier and more peaceful way of living.

**Barbara Smith  
PO Box 209  
PENOLA 5277.**

## Hi to All at Grass Roots,

Well, it's now a couple of years since I last wrote — I'm still in suburbia, but must say it's a pleasant part of suburbia, the only place to suit my life right now. I hope to get started on a vegie garden, the area is only a few feet square that I can use, but better than nothing.

I'm looking for a few folk and thought that maybe someone may know them. They are Michelle Periria of Perth, and Sue and Gus Wolfe with three teenagers, Sharona, David and Lara. They were last heard from in Atherton Qld. I'd love to hear from any of them as they have all been special friends.

Would love to see more articles on SURVIVING ON THE DOLE! I'm unemployed but work voluntarily with an Incest Survivors Group. *Grass Roots* has certainly helped me to learn to survive on a low income — so keep those articles coming! Peace and love.

**Marion Bower  
Unit 11 Willow Crt  
56 Campbell Rd  
ALBANY 6330.**

## G'day Readers,

I'm writing to you because I share much common ground with both readers and contributors, and at the moment I need a bit of FRIENDLY HELP.

One and a half years ago I considered myself very lucky. I had reached my life's ambition which was to live a healthy life in the country with fresh air, fresh water and good food. I had met and subsequently moved in with a lovely man. We shared many ideas, philosophies, goals and tastes. One year later, six months ago, we decided that I would resign from my public service job to start a family. I was 22 then and he was 30. So for the last 6 months I've happily been chief cook and bottlerwasher, gardener, calf and lamb mum, and stock feeder.

Now all that has fallen apart. He has asked me to leave. Normally I would cope quite well with the break up of a relationship by involving myself in my work. If I kept busy I wouldn't have time to worry or feel lonely. I'm confused, disillusioned and worried like crazy. Not only has my dream life fallen apart, but now I don't even have a job! I have to find somewhere cheap to live — which probably means a long line of share houses without a true feeling of belonging or home. I also got rid of a lot of things when I moved in to save on doubling up with 2 fridges etc. How on earth does one cope on the dole?

I am writing this because I know other people have been through this scary transition and I'd love to hear from you. A FRIENDLY LETTER would really help me get through this. There are no children — but 2 cats. Regards to all.

**LS  
C/- PO  
ASHBOURNE 5157.**

*Here's the chance for those of you who've been through this experience to share with us all your hints on dole survival. Everything helps!*

## Dear Grass Roots Readers,

We are going to NEW ZEALAND for 3 weeks holiday in September. We are very keen to learn about ORGANIC FARMING and growing and we are in search of people living in New Zealand farming organically that would be interested in having us visit during our trip.

**Deb and Rick Goldfinch  
PO Box 187  
Alyangula  
GROOTE EYLANDT 5798.**



# Feedback Link-Up Feedback

**Dear Megg & Gang,**

Well I'm really settled in here at Renmark. It will never take the place of my beloved mountains but it's home for now. Are there any Christian *Grass Roots* readers who would like to write to me (male and female) especially from Nth NSW and Qld. I hope to visit Brisbane soon to see how it's grown since I was there last.

I've LOST THE ADDRESS of my penfriend Merv, perhaps he can let me have it again. Hello to all the 'shut-ins' and 'alones'. Keep happy. I hope Ian Summers (GR 64, p. 85) is recovering from his burns and he and Rita are going on with their holiday home idea. God bless all.

**Lyn Tranter  
'Riverlander Now'  
16 Howie Dr  
RENMARK 5341.**

**Dear Animal and Nature Lovers,**

I would like to take this opportunity to WARN you about a girl I EMPLOYED to CARETAKE my place while I was on holidays over Christmas.

I advertised locally at first for someone to caretake my home and animals but no takers. So in desperation I advertised in a Brisbane paper and interviewed 5 girls. I chose Lyn because I wanted someone experienced and she assured me she could cope 'no problems'. So as I'd spent weeks writing out foolscap pages of instructions, I felt she could cope. I left feeling a little apprehensive, but she said she would ring every day.

No phone call for 4 days — then an urgent call, as one horse needed veterinary care. I started ringing each day then but four days later there was another urgent call as the same horse had colic. Had she followed the vet's advice on diet since injuries? No!! I rang someone else to intervene and the horse was saved. She then rang daily to say all was well.

I decided not to tell her I was returning and surprise her. Well the house was in complete disarray: human excreta in the waste paper basket under the sink; much washing up yet to be done and filth everywhere. Plants had mostly died including a very old bonsai. My poor guinea pigs had never had their house cleaned out and they'd hardly been fed and they were never given a drink. Guinea pigs in the tropics must have fluid or they will die of dehydration. Just as well it rained every second day. Horses seemed in good condition until closer inspection showed the 21 month old filly was pregnant and an aged gelding had terrible injuries from being mounted by the stallion.

Lyn made 'friends' with all in the area, with many spending time in my home apparently. The kitchen floor was littered with soft drink and alcohol bottles. Her pay was board and keep plus \$10 per week. She told me how poor she was so I gave her 3 weeks pay plus \$100 worth of groceries before I left. Many things are missing from the house.

Let this be a lesson to all. Holidays are not worth it. The phone bill is astronomical. This girl told me her name was Lyn McKenzie but I've since found out she goes by other names too. I feel she will try the same on other people because my last four editions of *Grass Roots* are gone and I recall her saying about caretaking positions advertised in the magazine. Anyway fellow readers, please be careful.

**Clarissa Townsend  
PO Box 466  
CALOUNDRA 4551.**

*Thanks for the warning Clarissa. We know that there are many honest, genuine folk who would lovingly take care of gardens, animals and other light farming duties, but it's always wise to temper enthusiasm with a little caution when you're offering someone the freedom of your property in your absence.*

**Dear Grass Roots,**

We are a young couple with a baby on the way. Like so many other like minded people, we would like to own our own land and lead a peaceful, self-sufficient lifestyle. The problem is deciding what to buy, we don't want to mortgage our lives away, or wait till we're of retiring age before we own something of our own.

We have become increasingly interested in COMMUNITY SHARES, which are always advertised in the *Grassifieds*. The only thing is, we don't understand what sort of title it would be under. If anyone can advise us on what COMMUNITY LIVING is like, how they are run and the legal side of things we'd be very grateful.

**Fran & Randal  
60 Queen St  
NARELLAN 2567.**

**Dear Megg, David and Gang,**

We've been back home on the Island for over a month now, and there have been heaps and heaps of jobs to catch up on. Seven months is a long time to be away, and my gardens have to be practically started from square one again. I've got my new bantam cross point-of-lay pullets installed in their NEW HEN-HOUSE, and a good looking rooster to look after them. I hope to breed up a few batches of chicks again, as soon as possible.

We had great fun building a smart new chookie penthouse in Chooksville. I had decided I didn't want another eyesore of a chookyard, but a neat and tidy structure with easy-clean laying and roosting areas. So Don really excelled himself this time. He built a series of nest-boxes about 10 cm off the ground all joined together, but with a dividing partition between each (for the girls' privacy while concentrating). The floors of the nests are bird wire, with a suitable curvature to hold plenty of fresh straw. He has put steep sloping-forward skillion roofs on the nests, to discourage the girls from perching above and 'messing' into the nests. There are 10 cm wide ramps complete with tacked-on grips for them to get into each nest. The hens have great fun trotting up and down these little ramps. The other bit of finesse is a lightweight shallow tray made of aluminium at ground level underneath the roosts, which is just the right size to catch all the droppings. This I can easily slide out and either scrape or hose off the manure straight into the compost heap. If I do this every 3 or 4 days, it keeps the place free of smell, and as sweet as a daisy. The best part of all this new apartment construction was it cost us nothing for materials, with the exception of a few nails and bolts. The rest of the materials we re-couped from the old Chooksville, plus stuff from our junk-heap in the back yard.

Cheers for now and best wishes.

**Jose Robinson  
Wild Cattle Island  
PO Box 22  
TANNUM SANDS 4680.**

chooks are let outside to  
free-range in the afternoons



**Dear Grass Rooters,**

We have finally got enough money to start looking seriously for some land to build on and find a permanent home for our menagerie. We would like to DESIGN our own practical yet aesthetic HOUSE which brings me to my question. I heard years ago that sleep is more beneficial if the bed is facing in a particular direction, but I can't remember which direction it was! Has anyone else heard this, if so please enlighten me, as I would like to take it into consideration when DESIGNING THE BEDROOMS.



**Jenny Halkier  
3 Paradise Ave  
CLEMATIS 3782.**

**Dear GR Friends,**

We are desperately in search of ideas on clearing our unoccupied land of TOBACCO AND LANTANA WEEDS, without using chemicals. Our 80 acre block is situated in Malanda, Cairns. Should anyone have advice or knowledge on books, we would greatly appreciate hearing from you. Also any ideas on external FLEA CONTROL for pets, again without using chemicals.

**Debra Fluris  
PO Box 187  
Alyangula  
GROOTE EYLANDT 5798.**

**Dear Grass Roots Readers,**

I am enjoying *Grass Roots* as much as ever. Keep up the good work — every issue is chock-a-block with interesting things!

Can anyone help me find 2 BOOKS NO LONGER BEING PUBLISHED? I'm looking for a copy of *The Man Born to be King* by Dorothy L Sayers and *Religions in Australia* (covering 40 religions) by Tess Van Sommers. I don't mind what condition they are in — if someone could give me a lead I'd be most grateful. Thank you.

**I Colefax  
PO Box 110  
KURANDA 4872.**

# Feedback Link-Up Feedback

## Dear Readers,

Our craft group (mainly spinners and weavers) is trying to find information on **MOTORISED CARDING MACHINES** to prepare our fleeces for spinning and weaving. One of these would make such a difference regarding the time spent combing fleeces prior to spinning. We already have a small drum carder but want a large carder to prepare whole fleeces. Can anyone tell us where we can obtain one and also hints on how to use them? Thanks.

**Robin Kilgour**  
PO Box 160  
CUMMINS 5631.

## Dear Grass Roots,

Just writing to let you know that you have brought two very **HAPPY PEOPLE TOGETHER**.

I answered an ad in your October 1986 issue placed by Kevin Dawson of Toodyay, we wrote to each other and then went out to dinner. Kevin and I found we had so much in common and the same goals in life; we became very good friends, and shared so much which grew into love. We got engaged on Christmas Eve last year and are planning a wedding for September. Our lives are now full of love and companionship, something neither of us has experienced before, and we are so grateful for your magazine for bringing us together. By the way, it was the first copy I had ever read, but as you can see we now read the magazine all the time, so please send us the magazine every issue so we don't miss a single one, the articles are so helpful. Thank you once again.

**Barbie Peterson and Kevin Dawson**  
PO Box 260  
TOODYAY 6566.

*Congratulations Barbie and Kevin and best wishes for a long and happy life together. It's very pleasing to receive letters like this and to learn that the service offered via the contact Grassifieds can be successful in bringing likeminded spirits together. We've often received criticism of this section — but it can and does create happiness. What do readers think?*

## Dear Readers,

Hans and I wish to use composting to fertilise our tropical fruit orchard of 60 trees. The idea we have in mind is similar to the Indore Process using shredded material. Sir Albert Howard researched the Indore Process for commercial farming between the years of 1905-1931 when labour costs in India were cheaper than machinery, but he does make mention of the potential of machinery for this method.

Hans has heard of a **DEVICE THAT WILL SHRED** tree prunings, slashed grass, and organic wastes into composting material which will fit the PTO of a tractor. Unfortunately we are now unable to obtain any information on this. If any reader knows of this device or of another mechanical method of shredding on a large scale we would love to hear from them.

**Janice Hessing**  
C/- PO  
FLAGGY ROCK 4741.

## Dear GR,

I notice from Feedback letters you get quite a few people requesting further information on **BEEKEEPING**. Beekeeping makes a fine hobby or income supplement. Bees harvest a renewable resource — flowers. They don't pollute or destroy the environment. There is an excellent correspondence course on Basic Beekeeping available from External Studies College of TAFE, 199 Regent St, REDFERN 2016.

**Richard Savage**  
59 Delange Rd  
PUTNEY 2112.

## Dear Grass Roots Readers,

I am currently trying to organise a trip from Geelong, Victoria up north through to Grafton, Lismore, Nimbin and Mullumbimby areas to have a look around in regards to purchasing of some land, and compare communities just after Xmas this year or at the beginning of 1989. As with most people looking for land in far off places, and living so far away, the first priorities are getting up there, accommodation and talking to people living in these areas.

We will be travelling up through Albury-Wodonga, Sydney, and up the coast road to Kempsey by car. If there are any GR people that could help with advice etc, myself, wife and two children 3-6 would like to communicate with you. This would be much appreciated.

**Lawrie**  
2 Saratoga Ave  
BARWON HEADS 3227.

## Dear Grass Roots Readers,

Started reading this enlightening magazine several years ago, and it is a very important item in my life now. Nineteen years ago I returned to the city to work and bring up my three children on my own. Yearnings for country life now seem to grow stronger as I am back on my own with the children grown up and independent. How does a lady on her own, in her forties, very little funds, change her city life for the country life that she yearns for?

Perhaps there are some *Grass Roots* readers in Townsville who would like to contact me... a friend in the city with kindred yearning for the country would help. We could at least share our dreams. Also, if there are any readers who live in the colder parts of Australia and Tasmania, who would like to **CORRESPOND**, please write. I have never seen snow or experienced a cold day. We could swap notes and I could describe what life is like with sunshine 360 days per year, and very little rain. Best wishes to all.

**Jeannie**  
PO Box 1024  
AITKENVALE 4814.

## Dear Grass Roots,

We live in a small town in the central west of Qld, so even town living entails a fair bit of self sufficiency. We have a small block of one acre, which allows us to have a large chook run, decent vegetable garden, fruit trees and lovely lawn around the house.

I freeze nearly all produce every year which sees us through a very hot summer. The rest is bartered for things which we don't have growing. My husband has bantams and a few **Leghorn CHOOKS**, but wants to branch out into **Brown Leghorn** fowls and cross them with the bantams, just for eggs and personal satisfaction, not for showing. If anyone knows someone who breeds and sells these chooks, preferably living in the central south eastern Qld area, would you please be kind enough to contact me.

**June Barrett**  
85 Rose St  
BLACKALL 4472.

## Dear Lucky GR Readers,

After reading my first edition of *Grass Roots* I have now come back to earth. How is it that we are taught to put down other people? Life I thought, was a race, to win at all costs. I pity our future generations, it is unthinkable the pressures that they will have to endure. From your outlook on life, I went outside and actually touched a tree, I looked at the sky. I am alive, I am my own person. I am learning to stop and sense the world around me. What a feeling!

I feel I have matured, or **FOUND A MEANING TO LIFE**. But how do I get off the merry-go-round? I have a well paid job, a new home and of course a lovely wife. Where do you start? If anyone has any helpful pointers on how they started off please write. By the way, nice day isn't it!



**Apprentice Grassrooter**  
**Craig James**  
4/12 Curd St  
GREENSLOPES 4120.

## Dear Grass Roots,

I need some help with a **PUMPKIN PROBLEM!** They're everywhere, climbing over the chook pen, the dunny, in the fruit trees. We don't mind the plants so much as they're loaded with pumpkins. The chooks can't face them anymore and we find that freezing cooked flesh won't make it keep any longer than the usual storage methods. We've had soup, pies, scones and fruitcake, but I can't find a book *101 Ways of Using Pumpkins*. If readers will send me their favourite recipes or suggestions I'll write one. I'm sure everyone gets a glut of pumpkin from time to time and it always seems that you can't even give them away let alone sell them, as friends and neighbours have the same problem at the same time, so maybe we can share our ideas of using what must be one of our most versatile vegetables. Looking forward to hearing from you all.

**Pat Browne**  
Lot 29 Seaview Dr  
BOORAL via PIALBA 4655.

*Pumpkin recipes have appeared regularly in 'Grass Roots' from the beginning — a complete dinner menu, including wine and coffee, in GR 5, p. 26 (or 'The Early Years', p. 206). There have been recipes for pumpkin cake (GR 28:99, 31:65, 50:69, 56:64), soup (GR 30:72, 42:65), pies (GR 24:87, 45:91), pumpkin bake (GR 30:73, 38:64, 60:64), cookies (GR 41:65), fritters (GR 56:38), slice (GR 37:65) and pickled pumpkin (GR 9:5). That should help to use up the surplus!*



# gumnut gossip



Megg Miller.

One of the joys of siting an office amidst the farmyard is that it encourages close communing with nature — and what could be more appropriate for a magazine that's concerned with back to the land living? Our appreciation of the weather and changing seasons is far greater than if we were city based, as is our awareness of nature's physical expression. Criteria for weather evaluation are most basic and generally along the lines of amount of perspiration generated en route to the loo or depth of mud in the driveway's potholes. And as to the foibles and practices of mother nature — we must have seen them all by now! Highlights we've encountered over the years include the birth of a goat kid under the office and a frustrated ram charging the headlights of parked cars; then there was the young goatling who defiantly spent a half hour on the accountant's new Porsche. We've tolerated an orphan magpie underfoot for days on end, a rat once ventured in and frightened the wits out of us *and* itself, and now we're suffering the vulgar ways of a possum who holes up in the wall next to the dispatch benches. An expressive fellow, his sleep is regularly punctuated by attacks of excess wind or bursts of staccato snoring. Fortunately a thump or two on the wall quickly brings him to order but he's a great embarrassment to whoever is working nearby lest they be blamed for his coarse habits.

The production work for this issue has passed quickly and quietly — and free from mishaps. We've become so used to the dramas associated with power or machinery breakdowns that we're bemused by how straightforward it can all be. Mind you, we're still awaiting the return of a hard disk and board that's been in repair for two months now . . . All our records and accounts, several manuscripts and sundry data were stored on it and whilst we have a backup copy of most of it the original is an essential part of the business. Julie and Anna's work has been disrupted by the wait and we've sweated so long and so hard that we'll all be reduced to a dehydrated pile of salt by the time we eventually get it.

Whilst we're discussing our records, both Julie and Kerry have impassioned pleas to make to you. We really appreciate it when you notify us of your change of address, but Julie says *please please* include your old address along with the new. You'd be surprised at the time it takes to ensure we have the right Smith or Jones. Further confusion occurs when we receive last minute Grassified alterations. It helps considerably if you give us the category and the name or phone number on the original ad. Despite Kerry's marvellous memory even she requires a little more identification than 'love Ann', or 'from Jim B'. Although both requests seem relatively inconsequential, when a number of these problems occur together as they often do we others go for our lives as the girls roar with frustration.

Your replies to our survey last issue have been gratifying and we have certainly gained a broader picture of who you are and where your interests lie. As we are still receiving replies we've decided to wait and publish the results next issue. We have been impressed by how seriously and conscientiously questions have been answered — thank you very much — but must acknowledge that our favourite reply came from a 70(?) year old male who to the question of sex answered *yes please!*

One thing that hasn't come out clearly in the survey is how you all feel about contact ads. As it has been a contentious issue since its inception some years back we'd really like to hear your thoughts on them, so please drop us a line before next issue, or better still include it with the survey you meant to send off that's still gathering dust.

What was clear in the survey replies was that many readers who had contributed to Feedback, Penpals, and the Grassifieds over the

last year or so had received considerable unsolicited mail. As most people felt this was a blatant invasion of their trust and privacy they've appealed to us to *do something*. As we never receive this material and those responsible for it don't take out advertising space, it's been difficult for us to get onto it. It seems the most practical solution is to bring it out into the open by featuring a regular column listing identification and details of the material, with a warning to readers to avoid all dealings with the people responsible. If in the next month or so you receive junk mail which has come about through a contribution to GR, we'd appreciate it if you could readdress it to us for compilation. As these sorts of things are like mushrooms and only thrive in the dark, if we bring them out into the light maybe it will help curtail them.

In case you haven't looked closely at the middle pages we have a special offer on back copies for the winter period. After an afternoon spent fighting his way through the chaos of our storeroom David decided the easiest way to clean it up would be to move some of the stock and, with winter being a time for catching up on reading, we thought the reduced price may allow people to complete their set of back copies at a more appealing cost. We will restrict the offer just to the winter period so you have a couple of months to save up the egg money and make the most of it.

After almost half a year of quietly plodding away at our work we've suddenly let our hair down and celebrated two birthdays and endured a dress up day in the last few weeks. Someone decided it would be fun for a change to wear conventional office garb to work instead of the usual jeans and sneakers — well they were wrong, it was murder. By mid morning the gloss had worn off, the shoes were pinching and we'd all agreed there was a lot to be said for comfy clothes and footwear. Our two Taureans Kerry and Kath celebrated birthdays within days of each other — yes, both 21 again — so we've had an enjoyable time of cake and cheer. It's just a pity there's such a wait till the next office birthday.

As this issue goes off to the printers Iriss Quigley ('Living in the Eighties' p. 12) will be celebrating her 81st birthday. 'Come up', she generously invited, 'we'd love to see you and share this special celebration.' I would have loved to be able to make it and be the GR representative but why, why are the special events I want to attend always just before the deadline? It was the party or the mag and of course I had to choose the latter but I will try and rearrange my work loads so that later in the year I can meet this superwoman. In the meantime happy birthday Iriss from us all.

Considering the number of readers we have we don't really receive many stories about people's lives. Their generators and gardens and pigs yes, but the way they live, no. We read and share lots of dreams, lots of what people want to do and how they are going to do it but what about those of you who have achieved much of what you set out to do? Yes, we understand, modesty prevails . . . and a lot of wisdom and handy information stays at home and dies with you. So let's hear more about what the dream was and how you went about achieving it. The path in life is never smooth but it is made easier if you're prepared to learn from your own and other's mistakes — and those 'others' see the value in sharing them. I know I've said it before but what makes a mag like GR so unique and so useful is that it prints living information not rehashed reference work. We all appreciate and benefit from the time and effort our writers put into compiling their articles. Without exception they are all busy people who would rather be doing than writing but without them and their generosity GR would be just another magazine.

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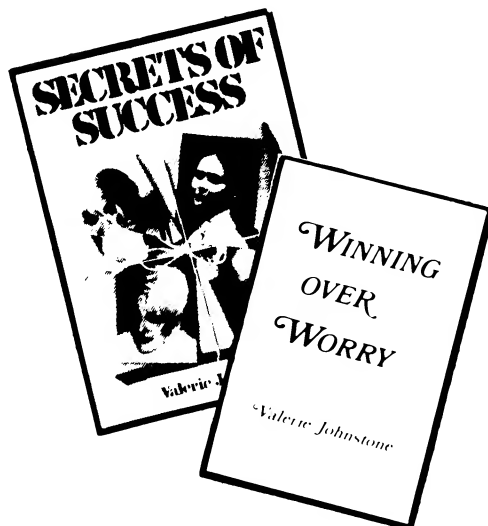
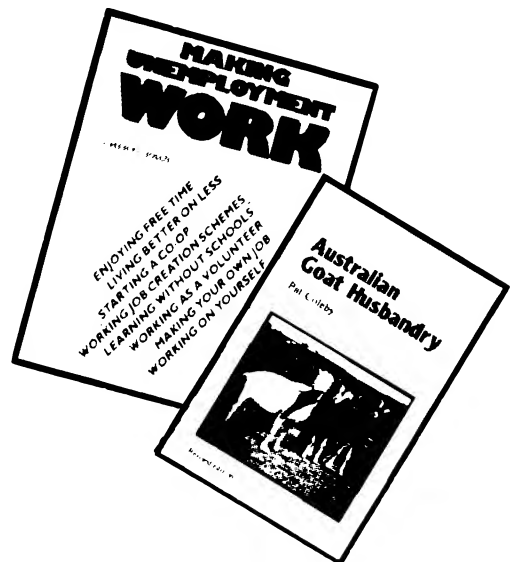
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